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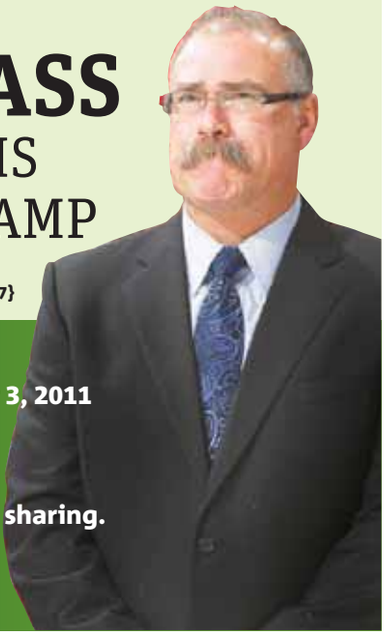
FUNNY BUSINESS
STEVE PATTERSON HOSTS JUST FOR LAUGHS TOUR {page 19}

BACK TO YOUR ROOTS
BEET BORSCHT MAKES FOR A HEARTY FALL TREAT {page 36}

COACH CLASS
PAUL MACLEAN IS PUTTING HIS STAMP ON THE SENS {page 37}



OTTAWA metro®

Thursday, November 3, 2011
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News worth sharing.

Banned. On the Hill

▶ Franke James shows off one of six banners she erected on Bank Street after she claimed the federal government put an end to her visual-art tour in Europe this summer. James says her show was critical of oilsands development and the government's stance on climate change. More coverage, page 4.

JOE LOFARO/METRO

Chilly reception for artist's message

Grisly garden find could delay hearing

Police working to ID body dug up at home where accused killer Cleroux once lived

A request by an Ottawa public-housing tenant for a backyard spruce-up could put a preliminary hearing for a man accused of killing two spouses and one other woman on hold.

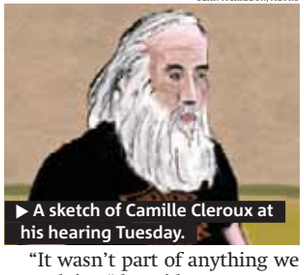
Human remains were unearthed on Monday by a company doing landscaping at unit 153 at 1535 Heatherington Rd.

During a break yesterday in Camille Cleroux's preliminary hearing into whether he should stand trial on three charges of first-degree murder, assistant Crown attorney James Cavanagh said there will likely be a request for an adjournment in light of the discovery and subsequent police investigation.

Cleroux lived in the home 20 years ago. Other tenants have also lived there.

Cavanagh said the unearthing of the body was not part of any previous police investigation or search warrant.

SEAN MCKIBBON/METRO



▶ A sketch of Camille Cleroux at his hearing Tuesday.

"It wasn't part of anything we were doing," he said.

Police are now working to identify the remains. A coroner told police they were probably at the site for some time.

A work order for unit 153 was made on Oct. 7 because the tenant wanted soil in the yard evened out, weeds removed and patio stones realigned, a public-housing official said.

Cleroux's hearing resumes tomorrow.

JOE LOFARO AND SEAN MCKIBBON

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Two charged in alleged kidnapping

JESSICA SMITH
@METRONEWS.CA

There is video evidence in the case of two men charged following the alleged kidnapping of a 20-year-old Ottawa woman, a court heard yesterday.

Abel Santana Solano and Alejandro-Wilky Santana-Espinosa appeared in a pretrial hearing yesterday afternoon on various firearm charges, including sexual assault with firearm.

Their lawyer, Nicolas St-Cyr, said he has the four DVDs and will view them before his clients attend their bail hearing and enter a plea on Friday.

Gatineau police arrested the pair and called in a tactical team after a 20-year-old Ottawa woman called police, saying she had been abducted in Ottawa and taken to a house in Gatineau on Rue des Capucines, where she eventually escaped

A third person, Lorna Lemire, was charged with three counts of failing to comply with conditions and then released.

Neighbours said the house where Santana Solana lives — and where the victim says she was taken — is often home to all-night parties.

Next-door neighbour Leo Sechin said that when his neighbours were home, he would see young people driving luxury cars up to the house.

JESSICA SMITH/METRO

▶ Defence lawyer Nicolas St-Cyr.

Honouring leaders who help disabled

Poverty and isolation remains reality for too many of 14.3% of Canadians with disabilities: Group

JESSICA SMITH
@METRONEWS.CA

Two former prime ministers and many other federal politicians were scheduled to be honoured last night for making Canada a more inclusive place for people with disabilities.

"We're looking at what we've achieved over the past 30 years," said Laurie Beachell, national co-ordinator with the Council of Canadians with Disabilities.

The celebration at the Delta Ottawa was to include politicians of all stripes and representatives of more than 50 disability advocacy groups.

Jean Chrétien was to be recognized for his work as Justice Minister.

"He ensured charter-rights protection for people with disabilities," said Beachell.

Brian Mulroney was to be honoured for creating a national strategy for people with disabilities in 1986.

Neither former PM was able to attend, but many current politicians were on the attendee list. Minister of State for Transport Steven Fletcher, who is also quadriplegic, was also recognized.

But after the celebration, there is more work to be done, Beachell said. The council's member groups are meeting today to discuss ways to reduce poverty among people with disabilities and combat the "welfare-ization" of benefits for disabled people.

The term means that most benefits for people who have disabilities apply to those who were able to work at one time — such as workers' compensation and CPP disability insurance — Beachell said.

"Sadly, if you've never had an attachment to the labour force, the only income support program you probably have is welfare," she said. "Many people with disabilities are now living on welfare."

FRED CHARTRAND/THE CANADIAN PRESS FILE

▶ Minister of State for Transport Steven Fletcher, left, is sworn in by Clerk of the Privy Council Kevin Lynch as Prime Minister Stephen Harper looks on, during a ceremony at Rideau Hall in Ottawa Oct. 30, 2008. Fletcher was among a group of politicians to be honoured for their work with Canadians with disabilities.

1 news

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The show must go on for 'banned art'

Artist alleges she was blacklisted by government for critical messages ◐ Banner art show runs until Nov. 27

JOE LOFARO
@METRONEWS.CA

A Toronto artist who says she is blacklisted by the federal government stopped in Ottawa yesterday to unveil her "Banned on the Hill" art show on Bank Street.

Franke James held a walking art tour of six new backlit banners that stretch from Wellington to Queen streets along Bank Street. The banners mix visuals and messages critical of Prime Minister Stephen Harper and Canada's stance on climate change.

James launched her campaign after her plan for a 20-city visual art tour in Europe this summer was scuttled. James alleges the Canadian government put pressure on European backers to withdraw support because her show was critical of oil sands development.

She said Monday she obtained emails through an Access to Information request, which show that $5,000 in funding was given the green light on April 29 for her show. Subsequent emails show a government official reversed the decision three days later.

When they were contacted in August, The Department of Foreign Affairs and International Trade said little about James' complaints.

"Ultimately, Canadian missions did not fund this artist's European tour," department spokesperson Jean-François Lacelle said in an email to the Toronto Star.

To spread the word about her apparent muzzling, she raised $4,226 crowd-sourced funds to erect the "banned art", which will be on display until Nov. 27.

"I hope to raise awareness about this blacklisting and silencing of environmental voices and also my particular situation," she said.

"I don't work for the government so I can use my creativity and social media skills to put my message out there in a fun and engaging way that anyone ca understand."

WITH FILES FROM THE TORONTO STAR

Dream. Job

▶ Fourteen-year-old Jacob Halloran, right, shares a laugh with Speaker of the House Andrew Scheer in his office while job shadowing him for part of the day yesterday.

JOE LOFARO/METRO

Prize sets sights high for student

Jacob Halloran, a Grade 9 student from rural Nova Scotia, won the grand prize of the Ultimate Dream Job Contest offered by the Learning Partnership for Take Our Kids to Work day. The teen was flown to the nation's capital to job shadow Gov. Gen. David Johnston and Speaker of the House Andrew Scheer.

Comic conflict cancels Ottawa Arts Court benefit

Tonight's benefit for the Ottawa Arts Court Foundation has been cancelled.

Due to a scheduling conflict comic John Wing Jr., local lawyer Mark Ertel and actor Pierre Brault will now take each other on in a comedic debate on March 29, 2012.

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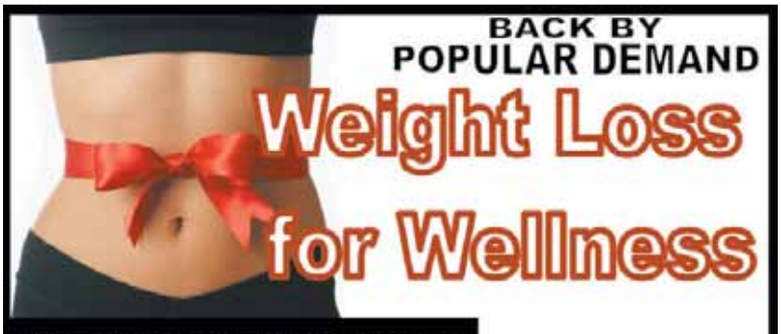

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Charity gig to celebrate 'boys being boys'

Rockin' for the Boys concert to raise funds, awareness for prostate cancer

SEAN MCKIBBON
@METRONEWS.CA

OK, so maybe your significant other doesn't like your Movember 'stache, or maybe you are feeling down in the mouth about prostate cancer. It's a serious topic.

Get yourself over to the Beatrice-Desloges Secondary Amphitheatre, 1999 Provence Ave. at Innes Road, Orleans, this Saturday to see Rockin' for the Boys, featuring former Canadian Idol judge Zack Werner. He'll be joined by local musicians: Ron Laframboise on bass, Murray Soehn on keyboards and Ralph Buch on drums.

JIM ROSS/GETTY IMAGES

▶ Zack Werner

Proceeds from the concert will benefit prostate-cancer research, but Werner says he won't let that get in the way of a rocking good time.

"There's obviously a serious element to it, but this is not a 'We have lost a child and let's have a tragic evening of raising funds,'" laughs Werner. "What it's mostly about is playing music and celebrating boys being boys."

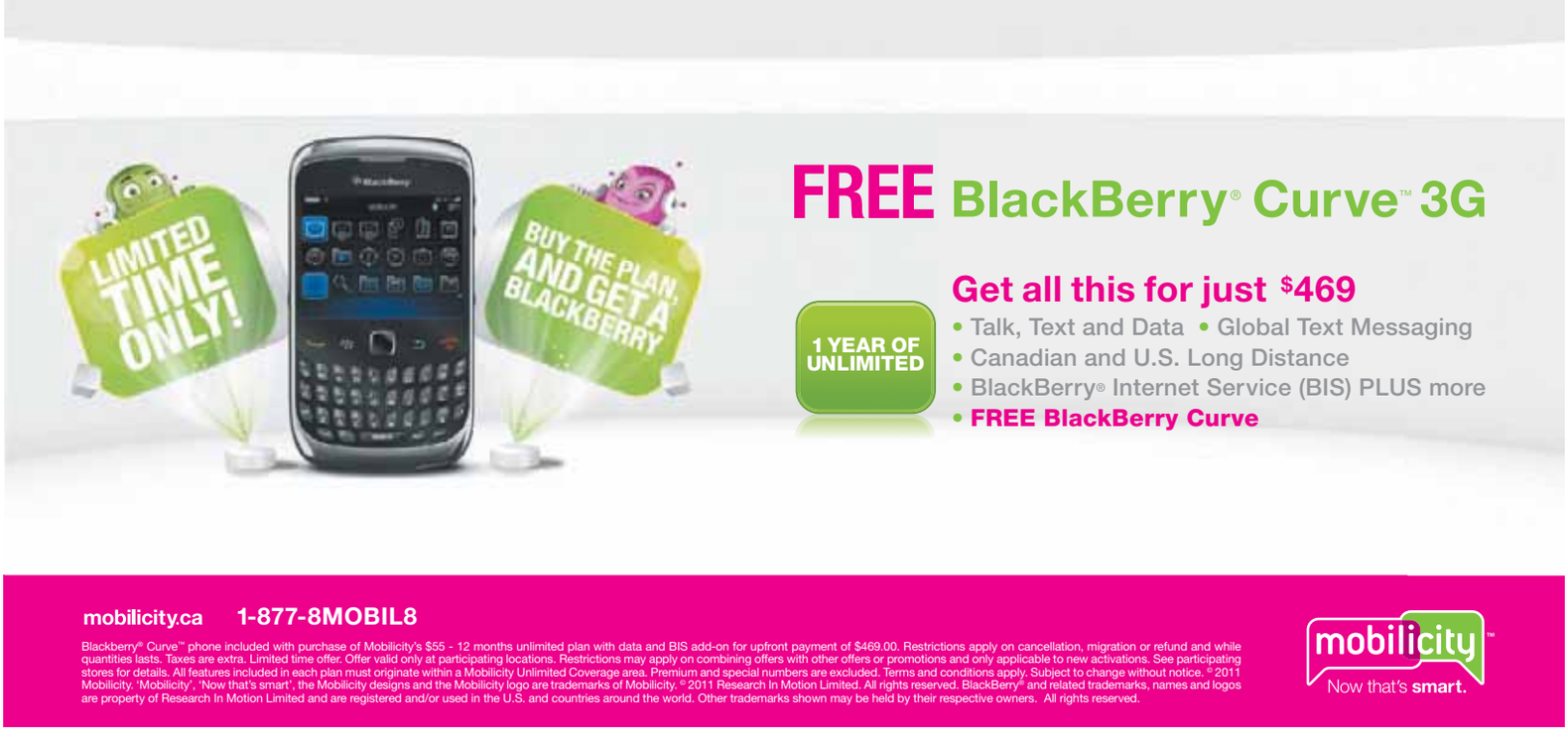
Werner says last year he lost a good friend to prostate cancer, Canadian guitar legend Domenic Troiano, and he says he hopes the concert will raise awareness about the illness and the steps men can take to keep themselves healthy.

"As men in general we are the last people in the world who want to deal with our health issues," says Werner. "This is something, if it's found at an early-enough stage, it's very preventable."

Werner says the concert was the brainchild of Laframboise, whom he met while they were playing a gig in Sudbury.

Get your tickets

- **When:** Saturday, Nov. 5, 7-9 p.m.
- **Where:** Beatrice-Desloges amphitheatre, 1999 Provence Ave.
- **Tickets:** $15 at the door, available in advance at 613-794-3183 or 613-220-7113 or by email info@nrimages.ca or mitch_mdr@rogers.com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Police dismantle mother's story

Jury watches interrogation video at trial of alleged honour killers
Accused's version put to test

A Montreal woman accused of killing her three daughters slowly changed her tune during a six-hour interrogation, as the investigator tried to appeal to motherly guilt, but he suggested her new story was just as implausible, court heard yesterday.

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are all charged with four counts of first-degree murder in the deaths of three Shafia sisters and Shafia's other wife in a polygamous marriage. They have pleaded not guilty.

Yahya, Shafia and Hamed were arrested July 22, 2009, and yesterday the jury watched much of the video of the long interrogation of Tooba. RCMP Insp. Shahin Mehdizadeh was brought in to conduct the interview in Farsi.

For much of the interview, Mehdizadeh goes over Yahya's story with her piece by piece, pointing out evidence to the contrary and accusing her of lying to him. "This is not an accident, madam," he says.

THE CANADIAN PRESS

Submerged car

- Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, were found dead inside a submerged car on June 30, 2009, in locks in the Rideau Canal in Kingston, Ont.
- The three family members were interviewed by police that day, and in videos shown to the jury, they can be seen suggesting that Zainab, who didn't have a driver's licence, took the car keys so she could take the Nissan Sentra for a joy ride. The car ending up in the canal was a terrible accident, they suggested.

HANDOUT/THE CANADIAN PRESS

▶ A car is pulled from the bottom of an eastern Ontario canal after being found with the bodies of three sisters and their father's first wife inside, in this 2009 file photo.

Soldier who killed comrade testifies at court martial

A former Canadian soldier charged in the shooting death of a fellow reservist in Afghanistan told his court martial yesterday he fired his weapon instinctively when he saw a gun pointed at his head.

However, Matthew Wilcox admitted the only other person inside the tent that day at Kandahar Airfield had to be his best friend, Cpl. Kevin Megeney — the man he is accused of fatally shooting.

Wilcox, who is facing a second court martial in the case, also denied telling anyone that the two infantrymen from Nova Scotia were playing a game of "quick draw" when his gun went off on March 6, 2007.

Testifying in his own defence, the 26-year-old from Glace Bay told the military court he knowingly failed to remove a loaded magazine from his nine-millimetre Browning pistol before entering the tent he shared with Megeney.

Wilcox said he left the magazine in the semi-automatic weapon because he was too busy carrying his gear after completing a long shift guarding the camp's main gate.

When defence lawyer David Bright asked him how he felt after the shooting, Wilcox replied, "Horrible, sir." THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Wilcox

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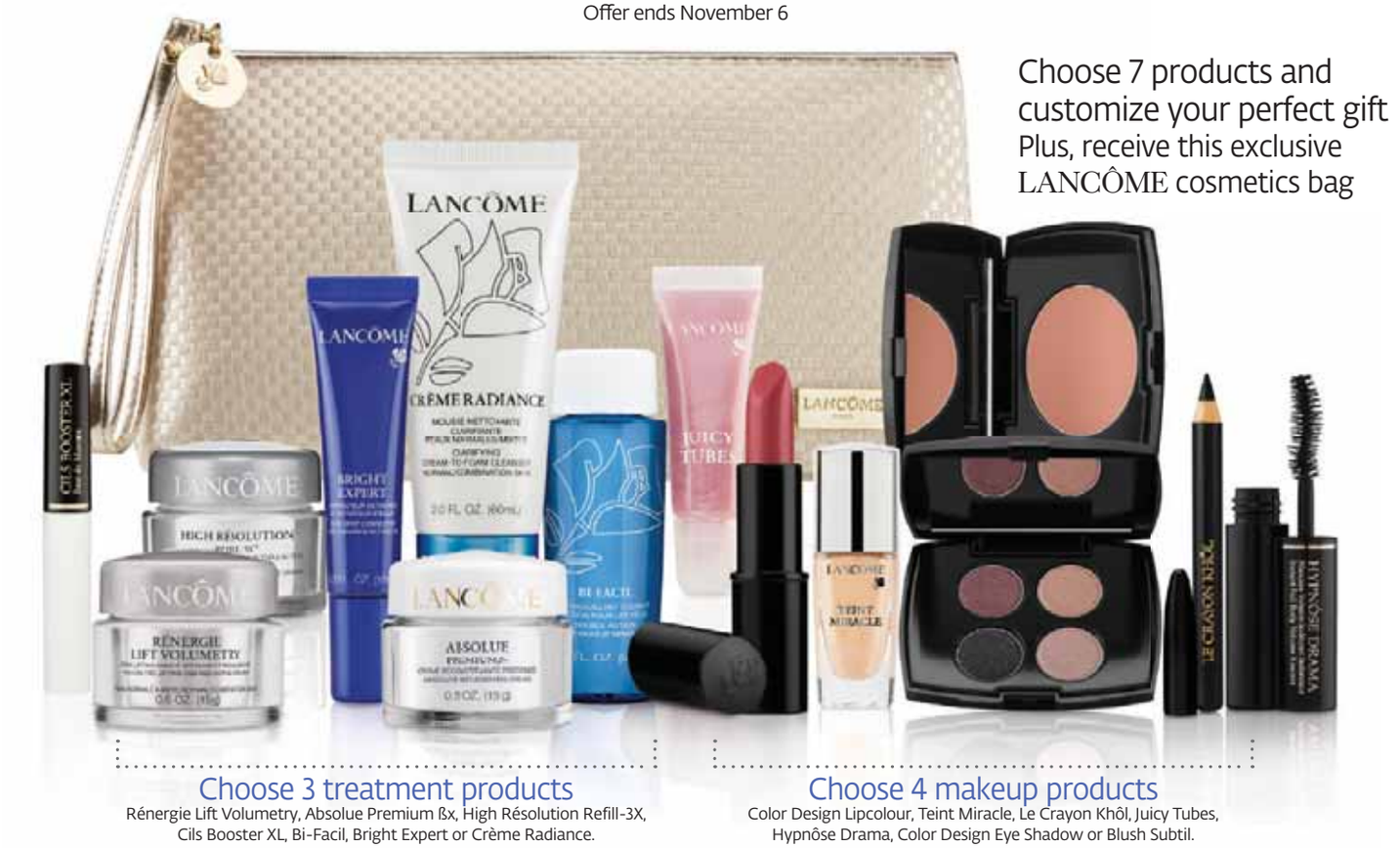

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Justin Trudeau upset over questioning on his faith

Liberal MP Justin Trudeau says he is upset and offended by a Tory MP who publicly questioned his adherence to the Catholic faith and his suitability to speak to students at a Catholic school.

Dean Del Mastro, the parliamentary secretary to the prime minister, said on Facebook last month that it was "outrageous" the Catholic school board in Peterborough, Ont., had invited Trudeau to speak for a second time in three years.

Trudeau had been asked by the Peterborough Victoria Northumberland and Clarington Catholic School Board to speak to 300 students on Oct. 13

"For someone to start questioning my own faith ... is something that I really take issue with."
LIBERAL MP JUSTIN TRUDEAU

Trudeau says he spoke for free, and the topic was the importance of young people showing leadership.

THE CANADIAN PRESS

Attack on magazine denounced

A firebombing that destroyed the offices of a French satirical weekly that "invited" the Prophet Muhammad as its guest editor was denounced yesterday by Muslim leaders and politicians from all sides.

No one was injured in the blaze at the offices of Charlie Hebdo in eastern Paris, hours before the issue featuring a caricature of Muhammad on its front page hit the newsstands.

THE ASSOCIATED PRESS

Pilot error cited in Russian jet crash that killed hockey team

Investigator says company failed to observe safety standards and adequately train crew ◗ Pilots had previously flown other type of plane

A Russian pilot inadvertently put the wheel brakes on during takeoff, causing a crash that killed 44 people including a professional ice hockey team, investigators said yesterday, citing lax oversight and insufficient crew training as key reasons behind the error.

The Interstate Aviation Committee said the Sept. 7 crash of the Yak-42 plane near Yaroslavl in central Russia occurred because one of the two pilots accidentally activated the brakes and then yanked a control wheel to his chest, pulling the plane up too sharply in a desperate attempt to take off.

Alexei Morozov, leader of the investigation, said the crew should have aborted the takeoff the moment they realized it was going wrong.

He said one possible reason the pilot obstinately still tried to take off was a fear of reprisals from his employer.

"Many pilots say that those who cause delays in flight schedules ... run into various problems at many carriers," Morozov told a news conference. "Company management doesn't like it."

Industry experts say when Russian crews abort takeoffs, make second runs or divert their planes to other airports they can risk losing their bonuses or face other sanctions as carriers focus on cutting costs.

THE ASSOCIATED PRESS

MISHA JAPARIDZE/THE ASSOCIATED PRESS FILE PHOTO

▶ Rescuers work at the crash site of a Russian Yak-42 jet near the city of Yaroslav on Sept. 7, 2011.

Fatal disaster

- The crash was one of the worst aviation disasters ever in sports as the dead included 36 players — many of them former NHL players — as well as Canadian-born head coach Brad McCrimmon and staff of the Lokomotiv Yaroslavl hockey team.
- The only player who survived the crash later died of burns. A flight engineer was the sole survivor.

METRO CUSTOM PUBLISHING

GROWING DREAMS

Teriano, a member of the Maasai tribe of Kenya, has been studying in Toronto for four years. She plans to return to Africa, where she has big dreams of helping her people.

At first glance, Teriano doesn't seem much different from any of thousands of other Ryerson University students. She wears the standard jeans-and-windbreaker uniform, spends most of her time studying and posts pictures of outings and friends on Facebook.

But in fact, Teriano, a fourth-year social-work student, has a remarkable story that shows how the smallest act can have a huge impact.

Teriano was born a member of the Maasai tribe in southern Kenya and immediately promised in marriage to a man who was already 27 years old. "My mother married the same way, my grandma and everybody else. It was just normal to be booked for marriage and to get married at 13 or 14," she explains. "It almost happened to me."

It didn't, because when she was four years old an Australian family sponsored her through World Vision. That meant that after she had completed primary school, she was able to attend high school, and then college for a year in Nairobi. "No girl in my village had ever gone to college or university," she recalls. While her father was baffled by her ambition and bound by the marriage deal he'd made, Teriano convinced him to break it, and to let her go.

She came to Canada four years ago and plans to stay to finish a Masters degree. And her dreams keep growing along with her horizons.

For example, she wants to help women in her village start business cooperatives so that they can support themselves and their families. She'd like to set up a community fund to enable other youth in her village – particularly girls – to go to high school and college. She wants to find out how the Maasai, who raise livestock, can become more efficient farmers.

"I thought, maybe I could talk to farmers in Canada and ask, 'How do you do it?' Information like that could transform our community."

A year and a half ago, Teriano visited her village in Kenya. Four hundred people came to a celebration to honour her. She was amazed. "There were speeches. People blessed me, and said they admired me. Young people said, 'We can do it because you did it.'

"There had been some families in my village who said, 'I will never take my girls to school, only my boys.' That day, I saw their girls in school and thought, 'Yes!'"

The experience made her think: "Sometimes you don't know the impact you are making, just by doing things. Sometimes actions really speak." How true.

WikiLeaks founder loses legal battle

Experts say odds stacked against Assange avoiding extradition to Sweden to answer sex-crime allegations

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

▶ Julian Assange

WikiLeaks founder Julian Assange lost his appeal against extradition to Sweden to answer sex-crime allegations, but said yesterday he will now consider whether to take his protracted fight to Britain's highest court.

High Court appeal Judges John Thomas and Duncan Ousely rejected Assange's claims that it would be unfair and unlawful to send him to Scandinavia to be questioned over the alleged rape of one woman and the molestation of another in Stockholm last year. The 40-year-old has denied wrongdoing, and insists the case is politically motivated by those opposed to the work of his secret-spilling organization.

"We will be considering our next steps in the days ahead," Assange said outside the court. He did not seem angry or visibly upset, despite the substantial legal setback.

Lawyer Mark Summers confirmed that it was not clear whether his client would attempt an appeal to Britain's Supreme Court. His legal team has 14 days to decide whether to apply to the High Court, and then must try to persuade judges that there is a point of law to justify an appeal to the highest court.

THE ASSOCIATED PRESS

Royal. Taster

▶ Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, taste a high-energy paste used to treat severe malnutrition during a visit to the UNICEF Emergency Supply Centre yesterday in Copenhagen.

PHIL NOBLE · WPA POOL/GETTY IMAGES

Drawing attention to food crisis

Prince William and his wife, Kate, helped pack dozens of UN emergency supplies in Denmark to be distributed in East Africa, where a food shortage is affecting an estimated 13 million people. The British royal couple visited a UNICEF warehouse in Copenhagen to draw attention to the crisis.

Manila gets tough on labour abuse

The Philippines has banned its citizens from working in 41 countries that don't protect against labour abuse. Nearly 10 per cent of the Philippine population of 94 million work abroad.

THE ASSOCIATED PRESS

Three lions killed in South Africa

South African wildlife workers had to shoot and put down two lions who had strayed from a vast park and killed a farmer's cow.

The farmer had already killed a third lion.

THE ASSOCIATED PRESS

Kenya to destroy arms in Somalia

Kenyan military aircraft will target and destroy weapons that were flown into Somalia on two planes and delivered to Islamist militants, a military official said yesterday.

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Enjoy the benefits of paying yourself first

Experience the freedom of having a 'just-in-case' fund

Maria Contreras
RBC Royal Bank
Product Manager, Savings Accounts

Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

4 SIMPLE STEPS

1. Analyze your spending and make saving a priority
2. Open a dedicated savings account
3. Pay yourself first: set up an automatic payday transfer of $25
4. Watch your savings grow!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

A little bit really does go a long way

If you don't think you're in a position to save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just $25 a week adds up to $1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has really helped grow my just-in-case fund and I've actually come to enjoy saving.

Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.

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CITY OF WINNIPEG ANIMAL SERVICES

▶ Wednesday, left, and Pugsley needed emergency veterinary care in Winnipeg after they were found near death. Now all they need is someone to love, officials said yesterday.

Give them a home

- Pups were unwanted and left to die in dumpster
- Now they need a place in a pet lover's heart

ELISHA DACEY
@METRONEWS.CA
METRO CANADA IN WINNIPEG

Two puppies left to die in a dumpster have a second chance at a great life.

The puppies, Wednesday and Pugsley, were brought to the City of Winnipeg Animal Services Agency last week after being found in the dumpster.

Both dogs were near death and needed emergency veterinary care.

City officials said the puppies both survived and will be available for adoption this week at Animal Services on Winnipeg's Logan Avenue.

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Banging the drum for change

The spirit of protest strides the streets as thousands march in U.S.

Thousands of anti-Wall Street protesters were taking to the streets yesterday in a North America-wide outpouring of anger.

In Oakland, Calif., crowds marched as they geared up with labour unions to picket banks, take over foreclosed homes and vacant buildings and disrupt operations at the fifth-busiest U.S. port.

Organizers say they want to halt "the flow of capital" at the port, a major point of entry for Chinese exports to the U.S.

In Philadelphia, dozens of protesters converged on the downtown headquarters of cable giant Comcast.

In Boston, college students and union workers were expected to march on Bank of America offices and the state house to protest the burgeoning student debt crisis.

Meanwhile in London, Archbishop of Canterbury Rowan Williams is backing a so-called Robin Hood tax on financial transactions.

The leader of the world's Anglicans says it's "time we tried to be more specific" in finding answers to Occupy protesters' demands.

THE CANADIAN PRESS

Santa sidelined

- Vancouver's annual Santa parade, which raises money for food banks, has been forced to change its route this year because of the city's continuing downtown Occupy protest.

BEN MARGOT/THE ASSOCIATED PRESS

▶ Banging on makeshift drums, marchers stage a noisy protest in Oakland, Calif., yesterday. The aim was to show the Occupy movement's strength and unity.

News in brief

Vet sues to get his health files

MONTREAL. An ex-soldier battling health problems says the Canadian Forces failed to tell him medical tests showed he was carrying an unusually high level of uranium.

Pascal Lacoste, above, was forced to file a request under access-to-information laws to see his own medical files.

Lacoste, 38, blames his chronic pain and a degenerative neurological disorder on uranium poisoning he believes he contracted while serving in Bosnia in the 1990s.

Lacoste plans to go on a hunger strike outside the Quebec riding office of Veterans Affairs Minister Steven Blaney until he gets medical help — or dies. Blaney, however, says his department will ensure he gets services he's entitled to.

THE CANADIAN PRESS

Cellphones an AIDS weapon?

LONDON, Ont. Femida Gwadry-Sridhar thinks cellphones may help fight HIV and AIDS.

The London, Ont.-based director of I-THINK Research is seeking a research grant to create an SMS-based network linking Ugandans with resources that will help them battle the disease.

Ugandans with AIDS need help from each other, she says. A social network would link them.

METRO

Harper facing crisis talks

OTTAWA. Prime Minister Stephen Harper has landed in the south of France on his way to a critical G20 summit in Cannes.

The key issue: the financial turmoil in Greece and its proposal to hold a referendum on a European bailout plan.

THE CANADIAN PRESS

Islamist party's win sparks fear in women

Some 200 Tunisian women demonstrated in central Tunis yesterday in defence of their rights following the recent election victory of an Islamist party.

Tunisia is known for some of the most progressive legislation in the Middle East regarding women's rights — which many say are now in danger.

But the Islamist Ennahda Party has promised to protect women's rights, including the personal status code, which makes women equal to men in divorce and bars polygamy.

Liberals, however, have accused the moderate Islamist party of "double speak."

Many of yesterday's demonstrators said they had come out because of an attack by ultraconservative students on three female instructors at a nearby university.

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Immigration levels to hold steady next year

Feds create new class of immigrants that will let up to 1,000 PhD students become permanent residents annually

Immigration Minister Jason Kenney plans to hold immigration levels steady next year, but the mix of immigrants will change.

There will be more skilled workers — especially white-collar workers — as well as higher numbers of refugees, parents and grandparents, Kenney told reporters after tabling his 2011 annual report yesterday.

But there will be fewer spouses and dependent children, and fewer live-in caregivers, Kenney added — not because Ottawa doesn't want them, but because they are not coming in numbers as large as in the past.

Kenney tabled his 2011 annual report and it shows Ottawa wants to accept between 240,000 and 265,000 newcomers in 2012 — despite pressure from the opposition NDP to gradually raise the levels in order to deal with expected labour shortages in five years' time.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Immigration Minister Jason Kenney

It's the same range as this year and in keeping with the annual average of 254,000 over the past few years, Kenney said.

But within that pool, the number of so-called "Canadian-experience class" immigrants will rise to about 7,000, Kenney said. That's up from 6,500 in 2011, and is the highest number ever in that category.

The class targets white-collar workers in certain occupations, many already with experience or education in Canada. It was created in 2008 and the Conservative government believes it has been very successful in attracting immigrants who adapt quickly to Canadian life, find jobs and add to economic growth soon after settling here.

THE CANADIAN PRESS

Tibet. Protest

▶ Tibetans and their supporters from Ontario and Quebec rally on Parliament Hill yesterday during a global day of action.

SEAN KILPATRICK/THE CANADIAN PRESS

Tibet crackdown spurs day of action

Survey ranks companies seen as likely bribers

Transparency International says companies from China and Russia are seen as most likely to use bribery to secure foreign contracts. The watchdog group's Bribe Payers Index released today shows the two countries at the bottom of a list of 28 of the world's leading economies.

Canada shared sixth place with Australia, and the U.S. placed tenth.

The survey asked 3,000 executives how often firms they deal with from different countries engage in bribery. THE ASSOCIATED PRESS

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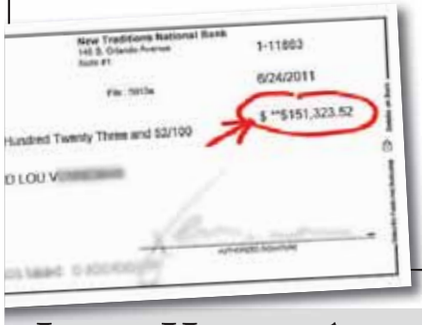

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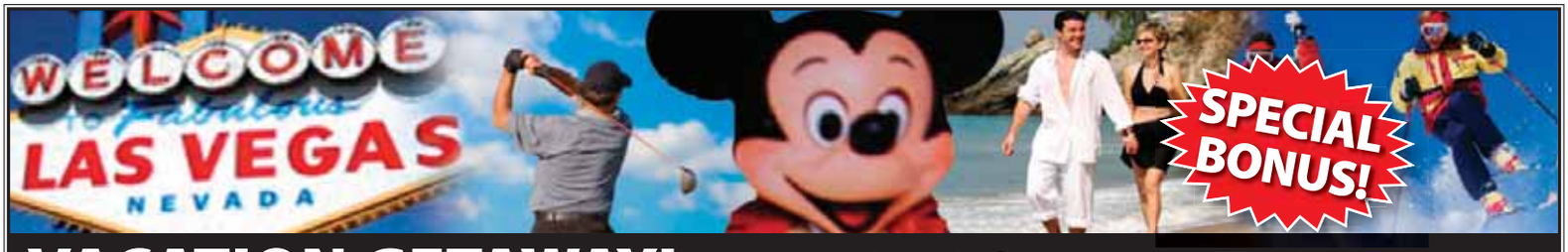

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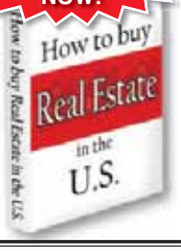

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CAREER REPORT

Canada's quality-job pace slows

Canada's 1.4 million unemployed were finding it tougher to land better-paying jobs, particularly in the public sector, as the pace of job growth in Canada appeared to slow during the third quarter, according to employment reports released yesterday.

CIBC said its Canadian Employment Quality Index, which measures both the compensation and stability of jobs, sat roughly where it was on the eve of the last recession.

While the economy generated on average 17,000 new jobs a month during the period, that was down from 29,000 a month in the second quarter and 33,000 in the first — and those fewer jobs were generally of lower quality, the report added. THE CANADIAN PRESS

Small-biz owners get confidence boost

Confidence among small- and mid-sized-business owners climbed slightly in October, according to the Canadian Federation of Independent Business.

Its October barometer was a modest 63.6, almost a point above September's 62.7 and two points higher than August's 61.7 level.

The CFIB says index levels normally range between 65 and 75 when the economy is growing. The findings are accurate to plus or minus 3.1 per cent. THE CANADIAN PRESS

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Energy company admits 'fracking' caused tremors

PETER BYRNE/THE ASSOCIATED PRESS

▶ Protesters scale a shale gas rig at Banks, near Southport, England, bringing a halt to work at the Cuadrilla Resources site yesterday.

Hydraulic fracturing on rise
Critics say it could poison water

The only company in Britain using hydraulic fracturing to release natural gas from shale rock said yesterday that the controversial technique probably did trigger earth tremors in April and May.

But a report commissioned by Cuadrilla Resources, which is drilling for gas outside the northwestern English coastal town of Blackpool, cautioned that the tremors, measuring 1.9 and 2.8 on the Richter scale — were due to a combination of geology and operations unlikely to happen again.

Cuadrilla is the only company currently extracting shale gas using hydraulic fracturing — a technique by which a mix of water, sand and chemicals are pumped deep inside underground rock formations to free the gas.

Fracturing operations were suspended on May 27 following the detection of a tremor centred just outside Blackpool.

Environmental activists have raised concerns about the potential impact on water quality. Critics say fracking could poison water supplies, while the natural gas industry says it's been used safely for decades. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
+ 33.16 (1,622.04)	+0.51¢ (98.66¢ US)

Oil	Natural gas
+ $0.32 US ($92.51 US)	$3.749 (- 3.2)

Gold $1,729.60 (+ $17.80)

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Governor of the Bank of Canada Mark Carney.

Canada goods pricier than U.S.

A survey by the Bank of Canada shows consumer goods cost an average of 11 per cent more in Canada than in the United States.

The results, disclosed in testimony yesterday before a Senate committee by bank governor Mark Carney, show that while a big gap remains, it was an improvement over what the bank found last spring.

In its April survey, the Bank of Canada found Canadians were paying an average 18 per cent more than Americans for the same goods.

Carney says higher taxes, labour costs that are about 20 per cent higher in Canada, a smaller population and higher transportation costs may contribute to pricier purchases. THE CANADIAN PRESS

JAILS ARE A LOT LIKE COFFEE SHOPS — OR THEY SHOULD BE

HE SAYS ...

JOHN MAZEROLLE
METRO

Attention, readers who value their lives: You are in danger! While you read this innocuous-looking sentence (don't be fooled!), criminals could be violating your home, office or body.

That's because crime is everywhere. It's in Canadian downtowns, uptowns, upper downtowns, downer uptowns, suburbs, ghettos, bayous, kibbutzes, duck blinds, under the bed, below the gum line, and even in those stubborn and hard to reach places, like Moose Factory. No one is safe.

To be honest, if you've read this far without undergoing some form of violent attack, major theft or unwanted touching, such as the "noogie," then you should count your blessings. If you count them closely, I think you'll find that several have been stolen.

"By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past."

And now the truly frightening part: There's nothing you can do about it.

That's why the Conservative government is getting — nay, must get — tough on crime.

I for one fully support their tough-on-crime agenda (which dovetails nicely with their tough-on-arts and tough-on-environment agenda).

As a left-wing media stooge, I'm expected to oppose everything the Conservatives do, but truth is the media and the government are on the same page, crime-wise.

We both recognize that the quickest way to get people's attention is through fear.

That's why so many newscasts begin with some variation on the question, "Should Canadians be worried?" To which the implicit but unspoken reply is "Yes, OF COURSE you should be worried; otherwise, we wouldn't be bringing you a story about this unprecedented CRISIS, would we, stupid?"

So I say increase the number of prisons until they rival the number of Tim Hortons. Criminals won't dare commit crimes if there's always a clink within view.

Don't think us crass, though. I think it's clear that, whether government or media, we scare because we care. We worry about crime because we're worried about your well-being. By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past.

Understand? You win. We care.

And, if you don't remain vigilant, who knows what might happen? Personally, I worry you'll miss out on something truly scary and horrible, and you'll be so embarrassed you were out of the loop that you'll just wish you were dead.

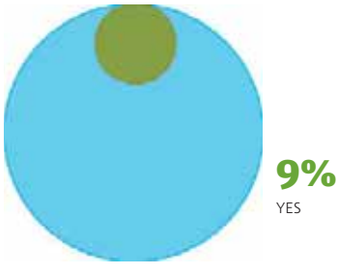
And if you do die, we in the media will be there to cover it. Like we care.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should teachers and students be friends on Facebook?



Local tweets

- **@RadioBish:** MY INTERNET HAS BEEN OUT FOR A WEEK, SO I JUST KEEP WATCHING TODDLERS AND TIARAS AND THE TREE OF LIFE. EXPECT A MASHUP SOON.
- **@orenmazor:** I can tell this is going to be another long night.
- **@avocado_roll:** The Joynt "Cap city" have you seen it yet? I prefer "The Anthem" by Kardinal Offishall tbh, but it's all Ottawa.
- **@Will__Murray:** Jim Flaherty would be proud of Jason Kenney's tie tonight.
- **@VanessaRReid:** #ottawa needs to get with the times, better transportation. Better clothing options. A new attitude. Happier people.
- **@nancygb:** News is getting around about arrival of yet another #microbrewery in #Ottawa. Raise a glass to Broadhead Brewing http://t.co/25UBJqEj #beer

Letters

In a recent article, Jim Watson justified the "route optimization" of OC Transpo by stating that it was losing money.

In the same article, he justified the increases in the money allocated to roads in the 2012 city budget by stating that the city has received complaints from all over the city.

This seems to be hypocritical: on the one hand, one municipal spending category (public transit) is supposed to be revenue-neutral or "profitable" while another municipal spending category (roads) is not. Public transit is used by a relatively small proportion of the population because it is not faster, cheaper or more convenient than the automobile, mostly due to a much greater rate of subsidies of the automobile (roads, bridges, etc.)

Public transit provides a much greater return on investment than roads in the form of reduction of health care (improved air and noise pollution, reduction of car crashes and problems relating to sedentary lifestyles), decrease in traffic congestion and increases in property values.

DANNY HANDELMAN
OTTAWA

photo of the day

Metro PHOTO CHALLENGE

▶ This photo titled Fantasia was submitted to the Novelty category by Eduardo Nunes from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition.
Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Putting a face on tumours — literally

QUEEN'S UNIVERSITY/THE CANADIAN PRESS

▶ What looks like the face of a screaming man in an ultrasound of a testicular tumour.

Doctors at Queen's University in Kingston did a double take when they spotted what looks like the face of a screaming man in an ultrasound of a testicular tumour.

What was meant as an inside joke between doctors went viral after it was published in a recent issue of the journal Urology.

The image has been compared to sightings of the Virgin Mary or Jesus on toast or grilled cheese sandwiches.

In the journal, the doctors said they debated "whether the image could have been a sign from a deity" — notably the Egyptian god of virility — but quickly dismiss it as a coincidence.

THE CANADIAN PRESS

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▶ Tour host Steve Patterson has been nominated for a Gemini Award for his performance at last year's Just For Laughs Gala.

Another British invasion

Just For Laughs Comedy Tour kicks off with its first ever U.K. edition Catch it on Saturday

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

The Just For Laughs Comedy Tour is back on the road with its first-ever British edition, featuring some of the U.K.'s best comics and hosted by one of Canada's own rising stars.

At the tour's helm is comedian Steve Patterson, host of The Debaters on CBC Radio One and CBC television and one seriously funny dude.

His off-the-cuff, Rick Mercer-esque, observational style of humour is a crowd pleaser for live audiences and radio listeners alike.

As host of The Debaters, a program that puts comedians in a debate-style battle of wits, Patterson can explore issues affecting Canada and the world.

Past show topics include Pie vs. Cake and Shower vs. Bath, but also more serious debates like Trudeau vs. Mulroney, the rise of China and the decline of the American Empire.

You can expect similar variety with this current edition of the Just For Laughs Comedy Tour, featuring some of Britain's brightest comics, including top U.K. comedian Hal Cruttenden and Last Comic Standing finalist Matt Kirshen, whose videos have been viewed online hundreds of thousands of times.

In a world of bit torrents and YouTube hits, Patterson says everyone is works to make sure it's an experience for the audience.

"Inevitably, because of the quantity, the quality is not always there," he explains. "So, you strive, on a live show, to do the best you can for the people in that room and to have moments they won't see online."

These days, Patterson says, almost no topic is taboo, though most comics have a simple rule: "If the target of the joke is the victim of something unfortunate, I don't see the point in kicking someone when they're down."

Instead, Patterson says the best way to reach an audience is to give them the facts.

"If you back your funny up with facts then people will laugh because you haven't just taken an unwarranted shot at somebody, you've backed it up."

Show

The British edition:

▶ **On the scene** Catch the British edition of the Just For Laughs Comedy Tour, featuring Matt Kirshen, Hal Cruttenden, Terry Alderton, Sean Meo, rap-comedy duo Abandoman and host Steve Patterson, on Saturday at 7 p.m at the National Arts Centre (53 Elgin St.). Tickets start at $35.50 through the NAC Box Office or TicketMaster.

2 scene

Hugh Grant

Hugh Grant's spokeswoman says the actor has become a father for the first time. The spokeswoman said Grant and the mother "had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive."
THE ASSOCIATED PRESS

Jerry Seinfeld named first guest host to follow Regis Philbin's departure from Live!

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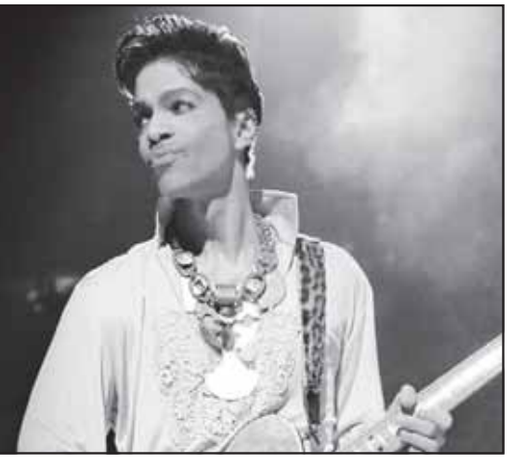

No holds barred for Neil

Actor resumes his crazy role in A Very Harold & Kumar 3D Christmas

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Neil Patrick Harris has successfully come out of the post-child star wasteland to become one of the biggest stars working today, with a hit sitcom on CBS, gigs hosting every major awards show but the Oscars, and a large fanbase cheering him on.

And since it was his jaw-dropping cameo in 2004's Harold & Kumar go to White Castle that helped relaunch his career, naturally he was game to come back for the franchise's third instalment, A Very Harold & Kumar 3D Christmas — even if he did get shot and killed at the end of the last film.

But you can't have NPH return from the dead for another Harold & Kumar film without upping the ante on his atrocious behaviour.

When asked if there's a line he wouldn't want to cross with his onscreen alter ego, Harris insists it's far too late for that kind of thinking.

"That's such a tough question because I never thought that any of this would've been written," he says.

"I wouldn't even have imagined that I would be smoking crack and trying to forceably enter a dancer girl. I don't know where the line gets drawn here anymore."

Of course, Harris' rising profile — and public coming out of the closet — have become factors since the original film, leaving a lot for the filmmakers to address.

How NPH fits in

In A Very Harold & Kumar 3D Christmas, the boys stumble upon Neil Patrick Harris rehearsing a Rockette-studded holiday spectacular, complete with show tunes and kick-lines.

Harris was happy to poke fun at his newfound status — he's referred to as America's Sweetheart in the film — as long as he got a say in the jokes as usual. That held especially true since Harris' husband, David Burtka, was along for the ride this time.

"I was more cautious and protective of those scenes than any of the others, weirdly, just because I didn't want it to feel exploitative or like a sight gag and nothing more," says Harris.

"I know David to be a well-trained Albee actor from New York, and I just didn't want it to seem like we were using him for some sight gag and then end it. And I didn't want to leave a bad taste in anyone's mouth about him on my watch, right?"

In the end, Burtka is used to great comic effect — and we'll just leave it at that for now.

As much affection as Harris has for the franchise that helped make him a star again, that doesn't necessarily mean he's a lock for any and all Harold and Kumar adventures in the future.

So what would it mean to have the duo hit the big screen without NPH?

"I think Jonathan Taylor Thomas would be thrilled," Harris says with a laugh.

HANDOUT

▶ Neil Patrick Harris has been a staple in the Harold & Kumar movies.

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‘They wouldn’t let me be me’

Ex-X Factor singer Haygood says he cut deal to exit Producers wouldn’t let him be a rocker

Former The X Factor contestant Dexter Haygood said he wasn’t pushed off Fox’s new singing contest. He jumped.

Haygood was among five contestants eliminated from the show last week. But the rock singer with the James Brown rasp said that what viewers saw didn’t reflect the whole story, including a behind-the-scenes agreement to ensure the swift exit he wanted.

According to Haygood, 49, who was part of mentor-judge Nicole Scherzinger’s group of age 30-plus contestants, he told Scherzinger two days before last Wednesday’s live performance show that he was dissatisfied with X Factor.

“I wanted to leave the show because I was unhappy that I was unable to be a rock artist. I grew up on rock,” said Haygood, of Memphis, Tenn., who enjoyed the spotlight in the 1980s as frontman for the rock group Xavion, which toured at one point with Hall & Oates. Being called on to do pop songs such as Beyoncé’s Crazy in Love and Katy Perry’s I Kissed a Girl was aggravating, Haygood said: “Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) ‘uh oh uh oh uh’?”

Producers “seemed to have their way of doing things. I’m not sure why they wouldn’t let me be me,” he said Tuesday.

“Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) ‘uh oh uh oh uh’?”
DEXTER HAYGOOD

Scherzinger, former member of the Pussycat Dolls, took his complaint to the show’s producers and came back the same day with an offer, according to Haygood: He would be bounced on Thursday’s results show if he agreed to return for the season finale.

Neither Scherzinger nor Fox immediately responded to requests for comment.

Haygood said he was contractually bound to remain on the show and wouldn’t have quit, but he appreciated the out he was given — despite the $5 million record contract that goes to the winner.
THE ASSOCIATED PRESS

12.1

Fox gave X Factor a lavish promotional launch but the show hasn’t lived up to the 20 million weekly viewers predicted by series creator Simon Cowell, with 12.1 million watching last Tuesday’s show.

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HANDOUT

▶ Dexter Haygood was eliminated from X Factor last week.

HANDOUT

▶ Phaedra Parks, left, and Sheree Whitfield are shown in a scene from The Real Housewives of Atlanta.

Reality TV condones bullying: Housewife

Fans of Bravo’s Real Housewives cable TV reality franchise often tune in for the catfights and drama, but one Atlanta housewife says the genre may encourage bullying.

“Unfortunately I do think that reality TV has spawned a whole culture of bullying,” said Phaedra Parks in an interview with The Associated Press on Tuesday.

“I believe that the behaviour you see on reality TV does not exactly exemplify how adults should be conducting themselves.”

Highlights of the series, which has been replicated in seven cities across the U.S., include volatile tempers, verbal outbursts, name calling and allegations of mean tweeting — and who can forget the infamous New Jersey table flip seen ‘round the world?

The last season of The Real Housewives of New Jersey kicked off with a chaotic, physical altercation at a baby christening, while the new season in Beverly Hills, California, has focused on veteran castmates ganging up on and ostracizing new girl Brandi Glanville, going as far as hiding her crutches while she had a broken foot.

Parks said she believes parents need to monitor what their children watch and insists that series like hers are not meant for young viewers.

Season 4 of The Real Housewives of Atlanta premieres on Bravo on Nov. 6.
THE ASSOCIATED PRESS

Carter just fine being The One

Backstreet Boy enjoys flourishing solo career Tour coming to Canada

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

While the Backstreet Boys have been enjoying a career revival — thanks to their annual S.S. Backstreet cruises for fans and their hit tour with the New Kids on the Block — BSB member Nick Carter has been finding success as a solo artist, as well.

He brings his act to Canada this week before heading to Japan and then boarding the cruise ship once more in December.

How are things going?
It's going really good. I just got done at the gym, sort of preparing mentally and physically for the tour. And gearing up, you know? I'm excited.

You're touring with a full band now, right?
Yeah, about four band members, yes. The show is jam-packed. It's all set up and it's going to be like a rock concert, but with pop and dance. It's going to be a really cool, unique show — a lot different, actually, than a Backstreet Boys show.

How so?
Well, it's different for the audience because my concert is almost like a hybrid rock concert. Because a lot of my songs are from the past, things that I'm influenced by. You know, a little bit of rock music, funk. I play guitar, I dance. I'm putting on a show — we've got costumes, choreography for the band members, all sorts of crazy stuff.

What's your experience been in Canada, and what are you looking forward to this time?
Well, my experiences have always been fantastic. The Canadian fans, they love our music and they love what we stand for — it's sort of like a cult following. (Laughs) It's like you're a part of something that some people don't want to be a part of anymore, and yet we stand for something. So that's kind of what the Canadians do, they really love our music and they love pop music. They believe in our talent, and that's why we keep coming back.

How has the response been to your latest solo album?
The response has been amazing. I think, the fans felt that I was giving them back a little bit of what they know so well after a bit of going too far left — being too much rock, going too far from what they know.

After this tour you have another cruise on the S.S. Backstreet coming up?
Yes, we have another cruise in the beginning of December, from the first to the fifth. We're going out, we set sail and we party like rock stars with our fans. It's kind of off the charts. It's something you can't really explain until you go.

What do you think of Justin Bieber? And do you have any advice for him?
Oh, everyone loves him. We think that he's super-talented. We just hope that he can transcend and evolve. That's the biggest thing — evolution. I don't really give advice to people because they need to figure it out for themselves.

They're writing their stories, and no one wants to say in the future that someone told you what to do and that's what happened, you know?

GETTY IMAGES

▶ Nick Carter performs in concert with New Kids On The Block & the Backstreet Boys earlier this year.

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The Biebs a baby daddy?

- California woman wants Justin Bieber to take a paternity test
- Claims four-month-old child is his

▶ Justin Bieber

A California woman claims that Justin Bieber is the father of her four-month-old child and wants the 17-year-old pop star to take a paternity test, according to TMZ. "He told me he wanted to make love to me and this was going to be his first time," the woman, 20-year-old Mariah Yeater, says in a sworn affidavit, explaining that they met backstage after an L.A. concert in October 2010, where Bieber allegedly invited her to join him in private — in a bathroom.

"We went inside and immediately his personality changed drastically," Yeater says.

"At the time I asked him to put a condom for protection, but he insisted that he did not want to. In his own words, he said that because it was his first time he wanted to feel everything."

Bieber's camp is denying the allegations, of course: "While we haven't yet seen the lawsuit, it's sad that someone would fabricate malicious, defamatory, and demonstrably false claims," the singer's reps say. "We will vigorously pursue all available legal remedies to defend and protect Justin against these allegations."

METRO

WHAT ABOUT THE GIFTS, KIM?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Day three of Kardashian divorce coverage and we're not slowing down — not when, like Pompei, there are so many unanswered questions out there.

But they won't be unexplained for long as — wouldn't you know it? — it just so happens Kris Jenner has a new book, Kris Jenner: And All Things Kardashian, that she has to promote!

The ladies of The View grilled Mama Kardashian yesterday and whereas Jenner was very honest, she says she doesn't know what her daughter will do with that $2 million dollar engagement ring.

But we do, thanks to a quick chat with etiquette expert extraordinaire, Lizzie Post, co-author of the new book Emily Post's Etiquette: 18th Edition. And although "etiquette" and "Kardashian" go as well together as "Larry King" and "sex tape," she does have some good points.

"That's her ring to keep," she advises.

"It's really hers and it's up to her on what she decides to do with it.

"She did have a marriage. Just because it didn't last very long doesn't mean she didn't follow through with her engagement."

But, as for the news Kardashian is donating her millions of dollars worth of wedding gifts to charity, Post says that is just wrong, wrong, wrong.

"It's totally inappropriate!" she laughs.

"I know her heart is in the right place but the truth of the matter is, the intention behind a wedding gift isn't to be donated, it was for them to be used as gifts for Kris and Kim and their life together.

"The appropriate thing is to return them to the person who gave it — especially if she goes and gets the tax write-off for them."

Post's last piece of etiquette advice is that everyone (even big-headed gossip columnists like myself) need to be respectful of their divorce.

"Everyone should be very open minded and respectful now," says Post.

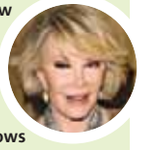
"I don't care who you are — having a marriage dissolve after that short of time is very painful," she adds.

ALL PHOTOS GETTY IMAGES

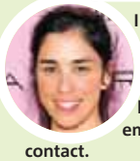
▶ Kim Kardashian and Kris Humphries in happier times.

Celebrity tweets

@JimCarrey
I wonder how many seals escape being eaten by great white sharks because the sharks have mistaken them for surfers.

@Joan_Rivers

I think I know why Kim's marriage lasted only 72 days. Apparently she only knows 71 positions.

@SethMacFarlane
There's a decent chance our next president will believe that humans once kept dinosaurs as pets.

@SarahKSilverman

I wish I had a deity co-pilot. I don't even have an emergency contact.

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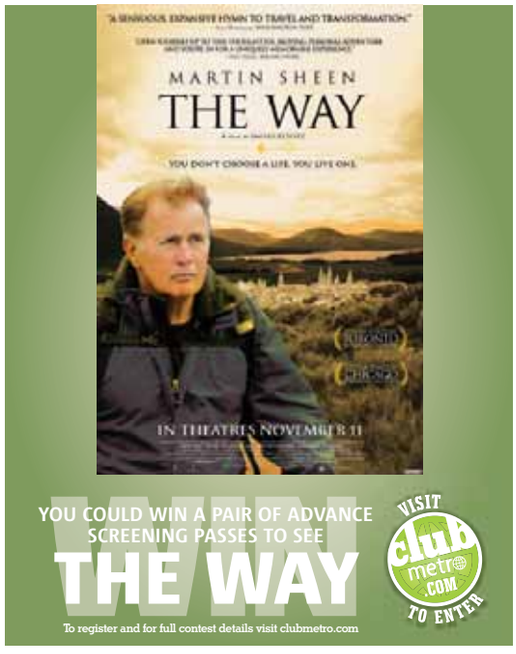
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3 life

Style pick

Jil Sander iPhone holder

Yes, the iPhone 4S is here. Whether you're a technocrat or not, it's always a wise move to keep your gadget safe by (colour) popping it in this on-trend, saffron sheath.

RICHARD PECKETT

JIL SANDER

$125, oki-ni.com

Saint Pierre teams with Reitmans; boost for New Labels; Pugh for MAC

Close up on Bridget Kelly

Jay-Z's protégé is a New Yorker with a debut EP that features The Dream and Frank Ocean, and a mean flair for makeup

She shares some of her stage tips

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Lip balm that won't catch flies

"I wear my hair down a lot so I'm not a fan of lip-gloss," says the Roc Nation singer who is currently working on a new album. "If I'm on stage and the wind blows then my hair will get stuck on my mouth so I avoid it. MAC's pink lip conditioner gives just a little bit of tint and looks like a gloss without the sticky shine. It's just enough moisture to look like makeup."

Beating the bad skin days

"The NARS duo concealer in custard/ginger saves my life when I'm having a breakout," Kelly explains. "It completely covers what I need covered. And if I have a show, MAC studio tech compact gives me complete coverage and gives my face a glow."

The trick to cheek contouring

"I have high cheekbones so it's really easy for me to mess the blush up and end up looking like a doll. For the best result I use a small brush with St. Tropez Bronzing Rocks. I try and contour the powder below my cheekbones by making a fish face and pouting my lips so I can see where my cheekbone line is and then I just brush underneath it. This helps illuminate them a little more."

On the perfect eye:

"I have long lashes so mascara easily starts to cake and I end up with tarantula eyes. L'Oreal Voluminous mascara is wonderful as it really separates my lashes and adds a bit of lift to them so I don't need eyelash curlers."

Bridget Kelly's beauty rules

1. "Wash your face twice a day to keep the skin fresh and the pores clean."
2. "Never be afraid to try new things. I used to have a fear of lipstick as I used to find a heavy lip so overwhelming. It can overpower the face and that freaked me out. Now I've started experimenting and I'm more comfortable with the idea so I sometimes go for an orange, bright pink or dark purple lip, colours that used to horrify me."
3. "Find makeup that matches your neck. I often see women with all different shades on their face, hands, neck and chest. That never works."

IN HER MAKEUP BAG

NARS
Duo Concealer in Custard/Ginger
$30, narscosmetics.com

MAC
Lipstick in brave red
$15, maccosmetics.com

BURBERRY
Brit Eau de Toilette
$72, burberry.com

L'ORÉAL PARIS
Voluminous Volume Building Mascara in Black
$8, lorealparis.com

ST. TROPEZ
Tan Enhancing Bronzing Rocks
$40, st-tropez.com

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Unravelling the knitwear craze

Knitted apparel has surfaced in a big way this season And we don't mean the sweater Granny crocheted for you (but round of applause for kitsch value) We're talking about statement, winter woolies for the boys

STRIPES

Whether it's a bold autumn number or Breton-style, it's time to show your stripy side.

1. Marc by Marc Jacobs mohair knit $414, my-wardrobe.com
2. ASOS stripe crew neck $42, asos.com

CHUNKY

Extra padding is a must on those bitterly cold, winter mornings.

3. Acne Helsinki, $380, acnestudios.com
4. Zara mohair sweater, $79, zara.com

CABLE

Yes, the cable knit is a classic. But it has never looked more relevant than it does now.

5. Polo Ralph Lauren cricket sweater, $225, mrporter.com
6. H&M jumper, $50, hm.com

SHAWL COLLAR

They may look like something your old man would shuffle around in but they'll certainly earn you fashion cred.

7. Topman $120, topman.com
8. Paul Smith $310, paulsmith.com

RICHARD PECKETT

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

▶ @Jeanne_Beker: At The Granite Club in Toronto, signing 100's of books for tonight's Speakers Event! (Oct.27)

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

@Jeanne_Beker:
At The Carlu, presenting tonite's final P+G award for Best Mag Cover. Kim Cattrall is hosting the show!

@Jeanne_Beker:
So...what do YOU think makes a great fashion magazine cover?

- **@kellycompeau** "what do YOU think makes a great fashion magazine cover?" — A 45 yr old that hasn't been air brushed to unrealistic perfection
- **@Jeanne_Beker:** I agree. Reality rocks!
- **@miawallace16** re: mag covers — colour is very important. needs to have shelf appeal. so many options these days. #bebold
- **@Jeanne_Beker:** Absolutely! We need to be engaged..

▶ "You know you are iconic when you are a Halloween costume" (Jeanne retweet posted by @kent_worth)

F@#%! I didn't use a condom.
Hot, sweaty, feverish – feels like the flu.
I'm fine. I'm fine. I'm just imagining this.
WTF is this rash on my stomach?
OK, I want to know what's going on. I'm getting tested.
Get on it.
For guys into guys.
come-on-in.ca
Sexual Health Centre
Centre de santé sexualité

Bank or Budget

JUMPERS WITH A FLOURISH

Last season's obsession with understated heritage knits has been pushed aside by a new crop of fancier, embellished versions. The more decorative the better. Think: A trace of lace down the sleeves or a patch of sequins at the shoulder. And if you're not up for splurging, just take your old American Apparel faithful to a trimmings shops and DIY the look yourself.

KENYA HUNT

SOPHIE HULME FOR ASOS
sweater, $117, asos.com

JASON WU
jumper $1,195, netaporter.com

Tips guaranteed to blow you away

THE KIT

BY CHANTEL SIMMONS

Can't afford a weekly salon blow-dry? Fake it at home with these salon-worthy tools.

1. Brush hair wet or dry with John Frieda Sleek Finish brush.

It contains deep-shine silicone bristles that create shine, smooth flyaways and reduce frizz, and a ceramic titanium coating for even heat and shine enhancement.
$20, johnfrieda.ca

2. Protect hair from heat damage caused by dryers and irons by applying Revlon Style Masters Pre Tools Defender,
$20, revlon.com

3. Tame frizz for up to two full days with L'Oréal Paris Hair Expertise Ever-Sleek Sulfate-free smoothing system.
$11, lorealparis.ca

4. Light as a small water bottle, the T3 Featherweight dyer, with its ionic and infrared heat combo dries hair 60 per cent faster.
$200, sephora.ca

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Trend of the week

Acne goes back to Africa

African-inspired prints practically covered the spring/summer '12 runways. But you can get in on the moment now through Acne's new capsule collection with London-based artist Daniel Silver, which features dresses and separates in collaged batik, animal and wax prints in a mix of vibrant colors. The prices range from $180 to $1,800, but you'll get your money's worth in sheer trend factor.

KENYA HUNT

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ADVERTISING FEATURE

RECYCLE FROG (613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common msense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen

on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

Hottest new appliances

Chop, sizzle and chill out in style with the latest and greatest gadgets for your kitchen

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

Each fall new and exciting kitchen appliances are introduced to the marketplace. This year offers new technology, more stainless steel and built-in styles. Here's a quick peek at some of the most interesting I found.

Thermador Masterpiece Induction Cooktop

Induction cooking offers immediate on/off heat that is safe for busy kitchens and serious cooks.

The exclusive Sensor Dome feature monitors the heat of the pan so that food cooks at the constant heat level you want; $5,150.

Bosch 800 Plus Series dishwasher

This is the dishwasher that hits home with small space and open-concept home dwellers; it's the quietest and most water efficient on the appliance market.

No more turning up the television while the dishwasher is running.

It also has a half-load cleaning cycle, which saves water and energy; $2,400.

Sharp Microwave Drawer Ovens

A new way to consider installing a microwave is under the counter and the Sharp microwave oven is one of the firsts to do so.

Mounting it low means it is tucked out of view, easy for children to use and means no lifting hot dishes from above. A safety button gives parents peace of mind when not around; $1,100.

Scholtes 24 inch built-in wine fridge

This smart looking, built-in wine fridge looks great mounted high on the wall or below a counter and sits flush with the depth of cabinets.

It holds up to 24 bottles, offers UV light protection and clean air circulation to keep wine safe.

It's the perfect size for those that want to integrate a wine fridge into an average or small-sized kitchen; $1,999.

Jura Impressa J9 Coffee Machine

This is the daddy of high-end countertop coffee machines; just one touch and you can make barista-quality lattes, espressos and cappuccinos. Truly the best! $2,995

BOSCH

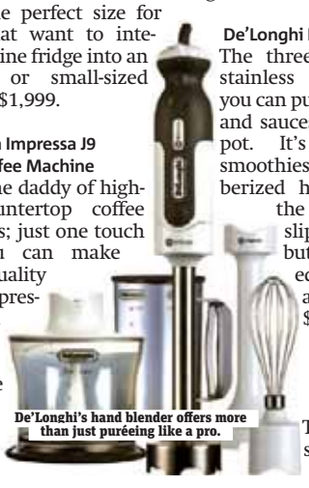
▶ Induction cooktops offer instant on/off heat.

Frigidaire 30 inch Freestanding Electric Double Oven Range

This is the Cadillac of ranges for busy families or cooking enthusiasts; the full-sized double ovens can each hold 28 pound turkeys and the stovetop boasts five elements (two of which are expandable), plus a warming zone; $2,200.

De'Longhi Hand Blender

The three blades and stainless shaft mean you can purée hot soups and sauces right in the pot. It's great for smoothies too! A rubberized handle keeps the blender non-slip and keeps buttons protected from heat and splatters; $99.



De'Longhi's hand blender offers more than just puréeing like a pro.

Bosch VitaFresh Refrigerator

This armoire-style refrigerator has two upper doors and a deep freezer drawer below that makes food storage a breeze. A high-tech lining within the fridge drawers help to maintain the perfect balance of temperature, humidity and air circulation, and an AirFresh filter (never needs to be replaced) keeps ice smelling and tasting great; $2,999.

CONTRIBUTED

▶ Frigidaire's double oven range allows for twice as much baking.

BOSCH APPLIANCES

▶ Sleek, built-in stainless appliances top the list of trends for this year.

CONTRIBUTED

▶ Scholtes' Compact Wine Fridge keeps up to 24 bottles perfectly chilled.

KitchenAid Architect Series Food Processor

This large sized food processor has an external adjustment for the slicing disc that allows you to control the thickness of cutting and adjust for thin or thick slicing without having to open the lid. It also has an ultra wide feed tube large enough for potatoes or cucumbers. Great for the family chef; $399.

CONTRIBUTED

▶ Sharp's Microwave Cooking Drawer takes the microwave to a new level.

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Global spaces: Queens, N.Y.

A LABOUR OF LOVE

Nana Ekua Brew-Hammond persevered through a volatile housing market, months of renovations and a sinking bathroom ceiling to get to her dream apartment The end result is an amazing space that reflects her African-influenced style

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Name: Nana Ekua Brew-Hammond
Occupation: Novelist and senior manager at Bluefly
The space: A renovated one-bedroom apartment
The city: Queens, New York

"It's a pre-war place with an '80s sensibility and a bit of a '70s look — but it's not tacky," says first-time homeowner Brew-Hammond of her place in Jackson Heights.

The author of Powder Necklace, a novel loosely based on her experiences in a Ghanaian boarding school, was originally looking for a swanky, modern space.

But after the market tanked she was forced to make some compromises.

"I'm a bit of a princess, so I wanted everything in my apartment to be perfect the day I moved in," she admits.

Instead, it took her six to eight months to find a fixer-upper that fit her budget.

"It had these beautiful wood floors that needed cleaning and a kitchen and bathroom that completely needed gutting," she says. "Oh, and the bathroom ceiling caved in."

She called in a contractor and set about personalizing her place with details that reflect her heritage: wooden soldiers that she bought during a visit to Africa ("the customs guards at JFK airport scanned them six or seven times and I was like, 'There's no cocaine'"), a hand painted Lucas Risé cabinet and colourful rugs.

"I'm glad I was forced to take my time because now I've got what I want on an affordable budget. And every time I walk into my apartment, I smile and say to myself, 'This is my place.'"

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The chemistry of composting

The right carbon-nitrogen balance makes for successful composting
Learn how to be a 'bug dietitian'

A bit of chemistry might be good for your compost.

Actually, we need deal with only two familiar elements: carbon and nitrogen. They're the ones for which the "bugs" that do the work of making compost are most hungry.

Work is too strong a word, though, because these composting bugs do nothing more than eat.

And a balanced diet — one balanced mostly with respect to carbon and nitrogen — does them good.

'Carbo' loading

This time of year, the microorganisms' smorgasbord is set with an especially wide array and abundance of carbon-rich foods — essentially, old plants or plant parts. They are mostly brown and mostly dry; autumn leaves, for example.

Other carbon-rich foods include wood chips, straw, sawdust, hay and even paper.

Just as we humans can't live on bread and pasta alone (carbon-rich foods, as are all carbohydrates), so it is with composting microorganisms. So let's now peruse the smorgasbord for some nitrogen-rich fare.

The nitrogen comes mostly from proteins; microorganisms, like you and I, need both carbohydrates and proteins. Nitrogen-rich compost foods include green stuff: young, succulent plants and plant parts.

There's not much of this stuff around in autumn, but there is some, including grass clippings, kitchen scraps, and spent broccoli, pepper and other garden plants.

Rouding out the compost pile's diet

When there's insufficient nitrogen foods to balance out all the carbon foods you can find for your compost, it's time for dietary supplements. Nitrogen-rich supplements for the compost pile include manures and nitrogen fertilizers.

Manures usually also add some carbon food, in the form of straw, wood shavings or whatever else was used for bedding for the animal.

No need to get out the chemistry set to analyze how rich a food is in carbon or nitrogen so that you can get them in exact balance (which, if you must know, is a ratio of 20:1).

Nitrogen fertilizers are very concentrated sources of nitrogen. Just a sprinkling of any nitrogen fertilizer is all that's needed atop every few centimetres of high carbon food.

Compost happens

Keeping records of what you add to your compost pile and how it responds helps you remember what you did that worked.

But no matter what you do, any organic material put in the pile will turn to compost — even if the process takes longer or becomes "aromatic" along the way. THE ASSOCIATED PRESS

Compost clues

If you want to see how you're doing as a compost bug dietitian, monitor the goings-on in your pile with a long-probed thermometer and your nose.

- **Temperature test:** If the materials are moist and outdoor temperatures not frigid, the well-fed pile will be decidedly warm — about 50 C or more.
- **Lack of heat** reflects an excess of carbon-rich foods; odours are the result of excess nitrogen.

LEE REICH/THE ASSOCIATED PRESS

▶ One useful, organic nitrogen fertilizer is soybean meal, which is inexpensive and available at stores that sell animal feed.

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Fun decorations for fall

You dressed the kids for Halloween, now you can dress your home for autumn Use seasonal materials

DIY IDEAS

It's easy to capture the feeling of the season without displaying fake and over-the-top decorations.

These simple tips will update the look of your home.

While decor is an easy trick, some lucky homeowners are subject to ambush contracting at its best with host Josh Temple in DIY Network Canada's House Crashers.

Stunned homeowners win the remodel lottery with dramatic, eye-popping home transformations.

Use these eye-catching materials to add beautiful autumn decor to your porch or yard.

Dried cornstalks
These can be purchased at roadside vendors or other locations where pumpkins and apples are sold.

Bunch together 15 to 20 dried cornstalks at a time and tie in the middle with twine.

Add a colourful ribbon around the twine in burgundy, green, orange, or a colour that suits your home.

Place them on either side of an entranceway for a beautiful first impression.

Plants
Mums are the key to a fall feeling. Find a colour that will bring a zing to your overall decor.

Flowering cabbages are another great way to include plants.

Both of these can be purchased and kept in pots to be displayed in front of your house if you don't have room in the garden.

Pumpkins and gourds
This is one of the simplest ways to decorate for fall.

Arrange an assortment of pumpkins and gourds in varying sizes and shapes to dress up any walkway, staircase or entrance.

Dried corncobs
These come in a variety of colours and add harvest flair to fall decorating.

Tie them to cornstalk bunches or include in larger arrangements.

Wooden signs

Autumn is a great season to display your favourite craft items outdoors.

- **Painted wooden signs** can be purchased from craft fairs or made yourself to bring fall sentiments to your decor.
- **Say it loud:** You can include signs that are simple, like "apples," or paint your favourite family sayings.

Wreaths
Whether homemade or store-bought, wreaths are a great way to dress up your entrance.

Consider including berries, mini gourds, silk flowers or leaves, and colourful ribbon.

HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.

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▶ Don't wait until December to put a wreath on your door.

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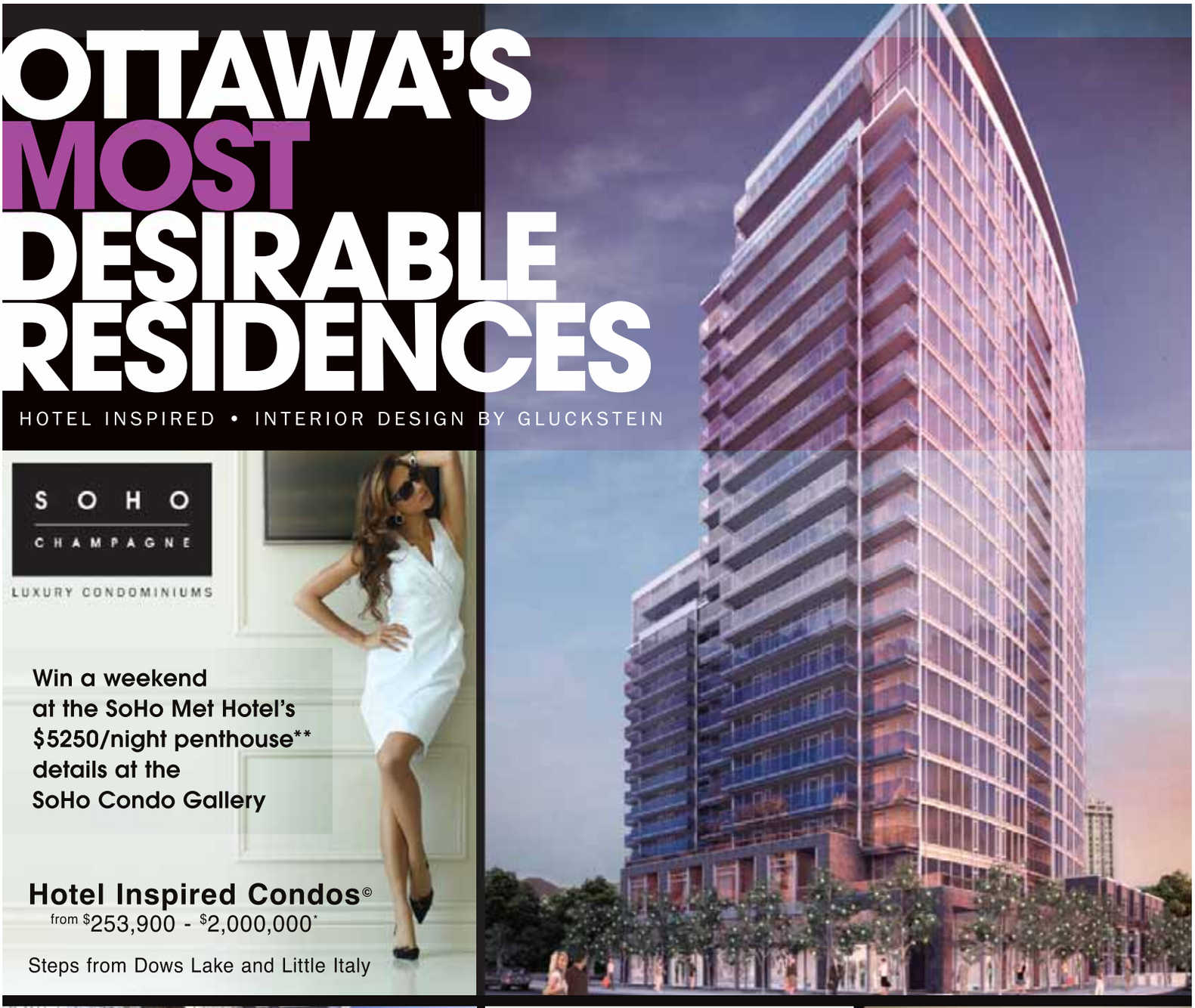

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Make your old place feel new

Selling your home is no easy task Here's a few simple tips that can help increase your pad's appeal

LINDA CLARKE
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

For homeowners stuck in a selling stalling pattern, don't just kick back and let the place crumble until you move. Instead, ask these two questions:

Do I really need to move right now, and why didn't it sell? Then, take action, advises Jeff Kaliner, founder and CEO of Philadelphia-based Power Home Remodeling Group, which has branches throughout the Northeast U.S. and specializes in siding and windows.

"First, decide whether you want to increase the home's appeal to sell it, or to make it more comfy for you and your family," says Kaliner.

Any makeover will add new appeal to a home you have tired of, plus, it'll add eye appeal when you decide to put it back on the market.

"You don't have to spend a lot of money," he says. "[There are] many things you can do yourself." Kaliner gives us some ideas.

Replace doorknobs
This is another easy way to change the look of a room, or the whole house.

"This is such a simple thing. You can change cabinet knobs or doorknobs throughout," he says.

Replace fixtures and fittings
Whether it's light fittings or bathroom fixtures, replacing old tatty ones or matching up finishes is a simple way to streamline a room.

"You can change from shiny brass to oil rubbed, or something like that," he suggests.

"It makes a huge difference inside."

Keep up with repairs
Whether you decide to stay or keep trying to sell, if your home needs some love, get to it.

"You don't always get a 100 per cent return on what you spend," says Kaliner.

"Rather than increase the value, a well-kept home means you haven't allowed value to decrease."

Update basic systems
"If your heating system or water pump or any other basic system is older, think about replacing it. Make sure that the basic guts of the home are working properly and up-to-date."

Do some landscaping
"Clean up! This increases curb appeal," says Kaliner.

"It's something you can do yourself. Do some planting, cut shrubs and clear the bicycles off the lawn."

Wash exterior walls
Mould, dirt and discolouration can make paintwork and siding look unappealing.

"Maybe you don't need new siding or even new paint. I just power-washed my house and it looks like new," says Kaliner.

Get natural light

Install new windows.

- **Eco-sense:** Not only does it look better but you cut your home's energy use, too.
- **Be one of the gang:** "If everyone in your neighbourhood has new windows and you don't, your home is at a disadvantage," says Kaliner.

ISTOCK

▶ Replacing doorknobs is an easy way to update a home's look.

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"I can't believe how much we accomplished. We've lived in our home for years and didn't do anything, and that could have gone on forever. This motivated us to do stuff we were procrastinating about."
– Chris Renwick, Episode 3

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SPONGING UP CLEANING ADVICE IN CHINA

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Greetings from Asia!

Yesterday, while having lunch at the new Andaz Hotel here in Shanghai, I had the honour to be with three wonderful local journalists.

Lunch started off as most business lunches do with pleasant conversation, but within the first 10 minutes one of the journalists leaned over and said, "Charles, as a professional butler, how do you clean a kitchen sponge?"

At first I was a little taken back, and then I laughed.

Why did I laugh? Well I started thinking to myself that despite literally being on the other side of the world from home, we all have the same questions in our daily lives.

So how do you clean sponges? Well, it is rather simple really.

1. Wash you sponge under warm running water with dish soap.

2. Take the wet sponge and twist most of the water out.

3. Put the moist sponge in the microwave on full power for 60-90 seconds.

4. Let it dry on your kitchen counter.

Now one thing to always remember: don't keep sponges for too long.

Lucky enough sponges are generally inexpensive and so after a period of time (I change mine pending use every two to four weeks) they should be replaced, but it is important to clean them daily as they can harbour germs and bacteria.

GOT A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA.

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▶ Why clean your dishes with a dirty sponge?

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SPECIAL INFORMATION FEATURE

Embrace your dark side with Wellington

JEFF O'REILLY
FOR METRO

It's getting cold outside. Whatever leaves that are left on trees are either red, orange or brown — and the sky never seems to light all the way up anymore.

It's dark when I wake up and getting dark when I am heading home from work … heck — even my sense of humour is getting darker. Fall is here and we should embrace it. As the seasons change so, too, does our diet. Lighter fare is replaced with full-flavoured hearty meals. Our beer selections should reflect that change as well.

In 1985, changes to provincial brewing laws allowed the Wellington Brewery to become part of the first wave of new Ontario craft breweries and it proudly stands as Canada's oldest independent microbrewery to this day. With a clear focus on recreating and reinterpreting English ales and lagers, it took its name from Arthur Wellesley, the first Duke of Wellington, who not only defeated Napoleon's army at Waterloo in 1815, he later became the British prime minister and passed the Beer Houses Act of 1830, spawning the opening of hundreds of public houses, inns and breweries.

These great deeds did not go unnoticed, as the county was named after him; as well as the capital of New Zealand. And there are those world famous waterproof boots.

Impressive indeed, as is Wellington's award-winning lineup of fine beers. So let's look at its most celebrated brew, which is absolutely perfect for this time of year.

Wellington County Dark Ale (five per cent alcohol by volume, 473 ml can $2.60) pours a deep ruby with mahogany hues and two fingers of tan foam head that quickly fades.

Enjoy a nose full of inviting sweet malts — toffee, coffee and chocolate — that are well represented in the taste, though not as dominant. Caramel and maple shine throughout with a slightly fruity, nutty and bready malt richness that only sees hints of citrus hop bitterness at the end to balance things out.

This interpretation of an English Brown Ale is outstandingly smooth with just enough carbonation and plenty of body, making it extremely drinkable. This beer is great on its own, but would pair extremely well with a Sunday night roast beef dinner, chocolate cake for desert and even a cigar by the fire.

JEFF O'REILLY/FOR METRO

▶ Tricia raises a pint of Wellington County Dark Ale at the Berryman Pub.

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Hintonburger adds second venue

Not quite the "Royale with Cheese," but popular Hintonburger is set to sell even more of its highly praised burgers with the announcement this week that it will be taking over the old KFC building at 1096 Wellington St. W.

Owners say expansion was inevitable with lines forming outside their small shack-like building almost daily from eager customers supporting their go local attitude (with meats from O'Brien farms and produce from nearby markets).

The independent fast food restaurant has no plans to close the current establishment at 990 Wellington St. W.

The new building is set to open in January.

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CURD ON THE STREET

VANESSA SIMMONS/FOR METRO

▶ Le Sieur de DuPlessis, La Bergerie aux 4 Vents by Vanessa Simmons.

Extraordinary farmhouse cheeses are made from one of Atlantic Canada's first sheep's milk cheese producers in New Brunswick, La Bergerie aux 4 Vents.

Monique Rouselle and André Martineau started cheesemaking with two imported sheep, which they crossed with a local breed. Now home to a few hundred, they produce a variety of products, including additional goat and cow's milk cheeses.

Canada's first "tomme" cheese is named after the lord (landlord) who lived on the seigneury (small settlement) where the farm now stands.

Le Sieur de DuPlessis is my cheese choice this week. A firm, unpasteurized sheep's milk cheese, it's covered by natural, bone-coloured, patterned rind that lends a rustic, almost antique quality to the cheese. The ivory paste inside is a complex bundle of earthy, grassy goodness and balanced salt content.

Shave thinly on to artisan crackers or have it shine in the spotlight on your next cheese board.

Federally certified, La Bergerie aux 4 Vents cheeses can be enjoyed across Canada.

VANESSA SIMMONS

FOR MORE, SEE SAVVYCOMPANY.CA

Sign up for Holiday Food Drive

When donating to the food bank, one often reaches for canned beans, tins of meat and pasta. These are all excellent choices, but there are other unexpected members of the family that rely on these charities.

Consider this: 43,000 Ottawans rely on the food bank each month. Feeding infants is one of its priorities. The Ottawa Food Bank has a Baby Cupboard collection program that encourages the public to donate diapers, baby food, formula and other essentials. Donating also allows parents to not sacrifice their own nutritional requirements for their children. Likewise, Fluffy and Fido sometimes need help getting fed. Donations of cat and dog food are welcome.

With 140 emergency food relief agencies across the city it's easy to drop off a donation, or sign up your workplace for the annual holiday food drive.

The food bank will provide the boxes and posters then pick up the donations in December.

For more, see ottawafoodbank.ca.

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Weekly Cookbook

Eating fresh, local produce is a hot trend, but Marie Lawrence has been cooking with produce from her gardens and buying milk from the farmers up the road since she was a kid.

In The Farmer's Cookbook: A Back to Basics Guide to Making Cheese, Soups and Stews, Curing Meat, Preserving Baking Bread, Fermenting, Pies and Cookies, And More (Skyhorse Publishing Inc., 2011), she includes recipes organized by month. November recipes, for example, include Vermont Country Sausage, Baked Beans, Pumpkin Cheesecake.

Bursting with harvest flavours

Using oats and rice in this veggie burger gives it a great texture

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Instead of trying to pass it off as meat, why not embrace the idea of a veggie burger and make one that tastes and looks like what it is?

That was the motivation in creating this harvest burger, a patty bursting with flavour, not to mention onions, red pepper, corn, pumpkin, rice and oats.

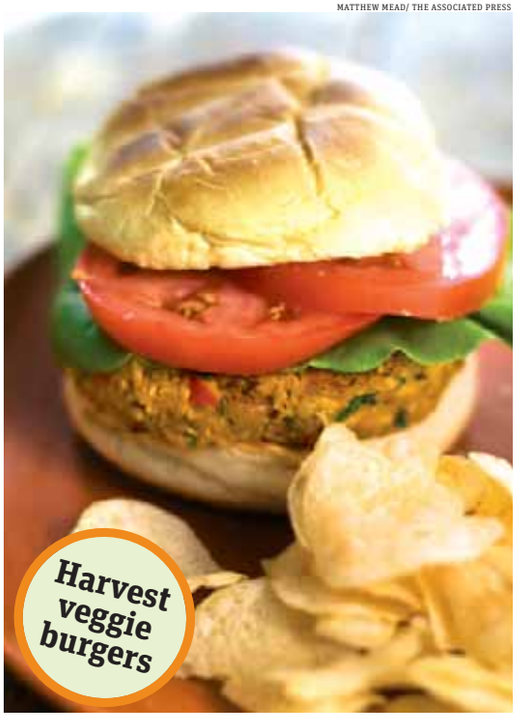
Preparation:

1. In a skillet over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and cumin; sauté until onion softens and begins to brown. Add red pepper and corn kernels and sauté until just tender, 3 to 4 minutes.
2. Transfer mix to bowl and let cool 5 minutes. Add rice, oats, pumpkin, cilantro, balsamic vinegar, cayenne, salt and pepper. Stir to combine. Form mix into 6 patties.
3. Heat remaining olive oil in skillet over medium-high. Add patties to skillet, in batches if needed, and brown for 3 minutes per side. Serve on buns with preferred condiments. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE ASSOCIATED PRESS**

Ingredients:

- 45 ml (3 tbsp) olive oil
- 1 onion, diced
- 5 ml (1 tsp) ground cumin
- 1 red bell pepper, core and diced
- 125 ml (1/2 cup) corn kernels, fresh or frozen
- 250 ml (1 cup) cooked brown rice
- 250 ml (1 cup) quick oats, lightly toasted
- 1 can (398 ml/14 oz) pumpkin or squash puree
- 30 ml (2 tbsp) chopped fresh cilantro or parsley
- 15 ml (1 tbsp) balsamic vinegar
- Pinch cayenne pepper
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp)black pepper
- 6 burger buns

MATTHEW MEAD/ THE ASSOCIATED PRESS



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Skip the typical burger sides in favour of a steaming cup of seasonal and tasty Ruby Red Beet Soup

Beets offer up a jewel-like red colour to this soup and they are full of nutritional goodness and flavour.

When making the Ruby Red Beet Soup, look for larger beets to save time peeling.

Preparation:

1. Shred the beets, onion and potato in food processor fitted with shredding disk (or use a box grater). Place vegetables in a large saucepan along with chicken broth and orange peel. Bring to a boil; reduce heat and simmer for 20 minutes or until veggies tender. Let cool slightly. Discard orange peel.
2. Puree vegetables in batches in a blender or food processor until smooth. Return to saucepan and reheat until hot. Remove from heat. Stir in vinegar; season with salt and pepper to taste.
3. Garnish each serving with a dollop of yogurt and sprinkling of chives. **EMILY RICHARDS/ FOODLAND ONTARIO/ THE CANADIAN PRESS**

THE CANADIAN PRESS H/O

▶ This recipe serves six.

Ingredients:

- 750 g (1 1/2 lb) beets, peeled
- 1 onion
- 1 large baking potato, peeled
- 1.5 l (6 cups) sodium-reduced chicken broth
- 2 strips orange peel
- 15 ml (1 tbsp) red wine vinegar
- Salt and pepper
- Low-fat thick plain yogurt (such as Greek yogurt), for garnish
- Chopped fresh chives, for garnish

Calvillo gets nod for top CFL award again

Another year, another outstanding player award nomination for Anthony Calvillo.

The veteran quarterback was named the Montreal Alouettes nominee for the award yesterday in voting conducted by members of the Football Reporters of Canada as well as the eight CFL head coaches. Calvillo has won the honour three times ('03, '08, '09) and is looking to be the East Division nominee for a fourth straight season.

The 39-year-old Calvillo has enjoyed a banner campaign, leading the CFL in passing yards (5,188) and touchdowns (32) while surrendering just eight interceptions. And earlier this season Calvillo became the CFL's all-time leader in completions (5,345), touchdown passes (418) and passing yards (73,349).

But Calvillo wasn't a unanimous selection, not a surprise given Montreal's Jamel Richardson leads the CFL in catches (110), receiving yards (1,772) and touchdown receptions (11). Also, tailback Brandon Whitaker posted a league-high 1,364 yards rushing in his first season as the Alouettes' starter.

However, it's Calvillo who makes Montreal's high-powered offence go. Under his guidance, the Alouettes lead the CFL in scoring (30.2 points per game), passing (321.8 yards per game) and total yards (419 yards per game).

THE CANADIAN PRESS

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY

▶ Senators players credit coach Paul MacLean with improving team morale.

A steady hand on the tiller

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

In his post-game conference after the Senators were thrashed 7-2 at home by Philadelphia two weeks ago, coach Paul MacLean refused to pass the buck. "The coaches as well as the players will be held accountable," he said.

The team subsequently went on a roll, winning six consecutive games, several in dramatic fashion. The reason for the turnaround? There are a handful of factors at play — including growing familiarity with each other and new systems — but don't discount the role the new bench boss is playing.

"There are no easy days, but Paul makes it fun out there for us," said veteran winger Chris Neil. "He makes it enjoyable to come to the rink."

Neil says players now arrive for practice early and stay late, unlike last season under Cory Clouston when "everyone would arrive at the last possible moment."

While GM Bryan Murray has made some astute acquisitions and draft picks in recent years, his most important may prove to be his new leader, the man who sets the tone for a young squad to follow.

MacLean, 53, a disciple of Stanley Cup-winning coach Mike Babcock in Detroit and Anaheim over the past eight years, is bringing a cultural change to the organization. Along with assistants Dave Cameron and Mark Reeds, MacLean has the Senators rapidly carving out an identity, a play-for-each-other, never-say-die mentality, something his predecessors — Clouston, Craig Hartsburg and John Paddock — failed to accomplish.

When the Senators trailed early in past seasons, you gave up on them because they seemed to surrender, but this club has developed an undeniable air of solidarity.

Despite being outscored 18-7 in first periods, they have been able to overcome deficits on a regular basis and give fans reason to stay tuned.

Of course, we shouldn't get too far ahead of ourselves. It's still early and the Sens have a difficult stretch upcoming; eight of 12 November games are on the road, including a western swing, and the prognosis for concussed captain Daniel Alfredsson is unclear. How they fare in that span should provide a solid indication of which way this season will ultimately head.

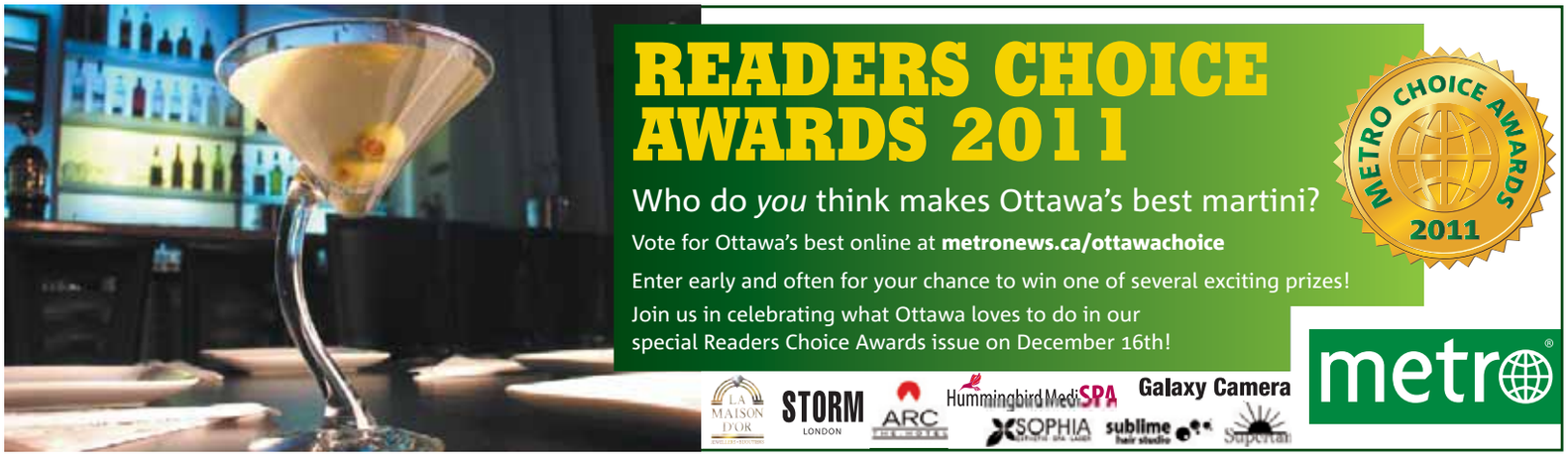
Regardless, MacLean's positive stamp on the Sens is reason enough for optimism over the long haul, something this franchise and their fans been devoid of far too long.

4 sports

Quoted

"Obviously, if you look at statistics and the games I've played, it is the best season since I moved to L.A."

DAVID BECKHAM. THE ENGLISH SUPERSTAR HASN'T DECIDED WHERE HE'LL PLAY NEXT SEASON, BUT HE'S DETERMINED TO LEAD THE LOS ANGELES GALAXY TO AN MLS CHAMPIONSHIP THIS MONTH.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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	13	8	3	1	1	39	28	18	4-1-1-0	4-2-0-1	6-3-1-0	L1
d-Washington	10	8	2	0	0	40	27	16	6-0-0-0	2-2-0-0	8-2-0-0	W1
d-Toronto	11	7	3	1	0	36	35	15	5-0-1-0	2-3-0-0	6-3-1-0	L1
Ottawa	13	7	6	0	0	42	50	14	5-2-0-0	2-4-0-0	6-4-0-0	L1
Philadelphia	11	6	4	1	0	43	36	13	3-3-1-0	3-1-0-0	5-4-1-0	W1
Florida	11	6	4	0	1	29	29	13	2-1-0-1	4-3-0-0	5-4-0-1	L1
Carolina	12	5	4	2	1	32	37	13	3-1-0-1	2-3-2-0	5-3-1-1	W1
Buffalo	10	6	4	0	0	29	22	12	2-3-0-0	4-1-0-0	6-4-0-0	L1
Tampa Bay	12	5	5	0	2	35	39	12	3-1-0-0	2-4-0-2	4-4-0-2	L1
NY Rangers	10	4	3	1	2	25	24	11	1-1-0-1	3-2-1-1	4-3-1-2	W1
Montreal	11	4	5	1	1	29	30	10	2-3-1-1	2-2-0-0	4-4-1-1	W1
New Jersey	9	4	4	0	1	20	24	9	2-1-0-1	2-3-0-0	4-4-0-1	L2
Winnipeg	11	4	6	0	1	30	39	9	2-2-0-0	2-4-0-1	4-5-0-1	W1
NY Islanders	9	3	4	1	1	18	23	8	3-2-1-0	0-2-0-1	3-4-1-1	L5
Boston	11	4	7	0	0	27	28	8	3-5-0-0	1-2-0-0	4-6-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	11	8	3	0	0	28	23	16	5-1-0-0	3-2-0-0	7-3-0-0	W1
d-Chicago	11	7	2	0	2	37	29	16	5-0-0-2	2-2-0-0	7-1-0-2	W2
d-Edmonton	11	7	2	0	2	25	18	16	5-1-0-1	2-1-0-1	6-2-0-2	W5
Colorado	11	7	4	0	0	32	29	14	1-3-0-0	6-1-0-0	7-3-0-0	W1
Los Angeles	11	6	3	1	1	26	22	14	3-2-0-0	3-1-1-1	5-3-1-1	L2
Minnesota	11	5	3	2	1	23	24	13	3-2-1-0	2-1-1-1	4-3-2-1	W2
Vancouver	12	6	5	0	1	36	34	13	3-2-0-1	3-3-0-0	5-5-0-0	W2
San Jose	10	6	4	0	0	30	26	12	1-2-0-0	5-2-0-0	6-4-0-0	L1
Phoenix	10	5	3	0	2	30	30	12	3-2-0-1	2-1-0-1	5-3-0-2	W2
Nashville	11	5	4	1	1	28	31	12	2-2-0-1	3-2-1-0	4-4-1-1	L1
Anaheim	12	5	5	1	1	26	34	12	3-2-0-0	2-3-1-1	4-4-1-1	L3
Detroit	10	5	4	1	0	23	25	11	3-1-1-0	2-3-0-0	5-4-1-0	L5
St. Louis	11	5	6	0	0	28	31	10	2-1-0-0	3-5-0-0	5-5-0-0	L2
Calgary	10	4	5	1	0	23	28	9	3-3-1-0	1-2-0-0	4-5-1-0	L1
Columbus	12	2	9	0	1	28	40	5	2-3-0-1	0-6-0-0	2-7-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Philadelphia at Buffalo
Toronto at New Jersey
Phoenix at Colorado
Tuesday's results
Vancouver 5 Calgary 1
Boston 5 Ottawa 3
Carolina 4 Tampa Bay 2
Minnesota 2 Detroit 1 (OT)
Washington 5 Anaheim 4 (OT)
Tonight's games
All Times Eastern
Winnipeg at N.Y. Islanders, 7 p.m.
Anaheim at N.Y. Rangers, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Toronto at Columbus, 7 p.m.
Chicago at Florida, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Nashville at Phoenix, 10 p.m.
Edmonton at Los Angeles, 10:30 p.m.
Pittsburgh at San Jose, 10:30 p.m.
Tomorrow's games
Washington at Carolina, 7 p.m.
Calgary at Buffalo, 7:30 p.m.
Montreal at Ottawa, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Saturday's games
Buffalo at Ottawa, 7 p.m.
Boston at Toronto, 7 p.m.
Winnipeg at New Jersey, 7 p.m.
Washington at N.Y. Islanders, 7 p.m.
Montreal at N.Y. Rangers, 7 p.m.
Columbus at Philadelphia, 7 p.m.
Anaheim at Detroit, 7 p.m.
St. Louis at Minnesota, 8 p.m.
Edmonton at Phoenix, 10 p.m.
Pittsburgh at Los Angeles, 10:30 p.m.
Nashville at San Jose, 10:30 p.m.

LATE TUESDAY

CANUCKS 5, FLAMES 1

First Period
1. Vancouver, Higgins 6 (Hansen, Malhotra) 7:57
2. Vancouver, Burrows 4 (Kesler, Edler) 13:42 (pp)
3. Vancouver, D.Sedin 5 (H.Sedin, Edler) 19:41 (pp)

Penalties — Bourque Cal (holding) 11:22, Butler Cal (delay of game) 11:48, Horak Cal (slashing) 19:27.

Second Period
4. Vancouver, Hodgson 3 (Lapierre, Weise) 3:47
5. Vancouver, Edler 3 (Hodgson, Booth) 11:43

Penalties — Volpatti Vcr (hooking) 12:41, Kesler Vcr (tripping) 16:24, Horak Cal (holding) 17:18, H.Sedin Vcr (hooking) 18:41.

Third Period
6. Calgary, Tanguay 2 (Kostopoulos, Butler) 19:28

Penalties — H.Sedin Vcr (double high-sticking) 1:24, Hannan Cal (delay of game) 5:58, Sarich Cal (hooking) 7:21, D.Sedin Vcr (holding) 12:54, Weise Vcr, Jackman Cal (fighting) 19:11.

Shots

Vancouver	14	4	3	21
Calgary	8	12	9	29

Goal (shots-saves) — Vancouver: Luongo (W,4-3-1); Calgary: Kiprusoff (L,4-4-0)(18-13), Karlsson (start third; 3-3). **Power plays (goals-chances)** — Vancouver: 2-6; Calgary: 0-6.
Referees — Ghislain Hebert, Kevin Pollock.
Linesmen — Brian Mach, Dan Schachte.
Attendance — 19,289 (19,289) at Calgary.

SOCCER

EUROPEAN CHAMPIONS LEAGUE

All Times Eastern

FIRST ROUND

(Home teams listed first)

GROUP A

	GP	W	D	L	GF	GA	Pts
Bayern Munich	4	3	1	0	8	3	10
Manchester City	4	2	1	1	6	4	7
Napoli	4	1	2	1	6	5	5
Villarreal	4	0	0	4	1	9	0

Yesterday's results
Bayern Munich (Germany) 3 Napoli (Italy) 2
Villarreal (Spain) 0 Manchester City (England) 3

GROUP B

	GP	W	D	L	GF	GA	Pts
Inter Milan	4	3	0	1	6	4	9
CSKA Moscow	3	1	2	1	7	5	5
Trabzonspor	3	1	2	1	2	4	5
Lille	3	0	2	2	4	6	2

Yesterday's results
Trabzonspor (Turkey) 0 CSKA Moscow (Russia) 0
Inter Milan (Italy) 2 Lille (France) 1

GROUP C

	GP	W	D	L	GF	GA	Pts
Manchester United	4	2	2	0	8	4	8
Benfica	4	2	2	0	5	2	8
FC Basel	4	1	2	1	6	7	5
Otelul Galati	4	0	0	4	1	7	0

Yesterday's results
Manchester United (England) 2 Otelul Galati (Romania) 0
Benfica (Portugal) 1 FC Basel (Switzerland) 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Real Madrid	4	4	0	0	10	0	12
Ajax	4	2	1	1	6	3	7
Lyon	4	1	1	2	2	6	4
Dinamo Zagreb	4	0	0	4	0	9	0

Yesterday's results
Lyon (France)0 Real Madrid (Spain) 2
Ajax (Netherlands) 4 Dinamo Zagreb (Croatia) 0

GROUP E

	GP	W	D	L	GF	GA	Pts
Chelsea	4	2	2	0	9	2	8
Bayer Leverkusen	4	2	0	2	5	6	6
Valencia	4	1	2	1	5	4	5
Genk	4	0	2	2	1	8	2

Tuesday's results
Valencia (Spain) 3 Bayer Leverkusen (Germany) 1
Genk (Belgium) 1 Chelsea (England) 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Arsenal	4	2	2	0	4	2	8
Marseille	4	2	1	1	4	1	7
Borussia Dortmund	4	1	1	2	3	7	4
Olympiakos	4	1	0	3	4	5	3

Tuesday's results
Arsenal (England) 0 Marseille (France) 0
Borussia Dortmund (Germany) 1 Olympiakos (Greece) 0

GROUP G

	GP	W	D	L	GF	GA	Pts
APOEL	4	2	2	0	6	4	8
Zenit St. Petersburg	4	2	1	1	7	5	7
FC Porto	4	1	1	2	5	7	4
Shakhtar Donetsk	4	0	2	2	4	6	2

Tuesday's results
Zenit St. Petersburg (Russia) 1 Shakhtar Donetsk (Ukraine) 0
APOEL (Cyprus) 2 FC Porto (Portugal) 1

GROUP H

	GP	W	D	L	GF	GA	Pts
x-Barcelona	4	3	1	0	13	2	10
x-AC Milan	4	2	2	0	7	3	8
BATE Borisov	4	0	2	2	2	9	2
Viktoria Plzen	4	0	1	3	1	9	1

x — advances to knockout round.
Tuesday's results
BATE Borisov (Belarus) 1 AC Milan (Italy) 1
Viktoria Plzen (Czech Republic) 0 Barcelona (Spain) 4

MLS PLAYOFFS

All Times Eastern

EASTERN CONFERENCE

SEMIFINALS
Kansas City vs. Colorado
Last night's result
Colorado at Kansas City
Houston vs. Philadelphia
Tonight's game
Philadelphia at Houston, 8:30 p.m.

WESTERN CONFERENCE

SEMIFINALS
Los Angeles vs. New York
Tonight's game
New York at Los Angeles, 11 p.m.
Seattle vs. Real Salt Lake
Last night's result
Real Salt Lake at Seattle

TENNIS

ATP VALENCIA OPEN 500

At Valencia, Spain
Singles — First Round
Juan Martin del Potro (6), Argentina, def. Dmitry Tursunov, Russia, 6-4, 6-1.
Alex Bogomolov, Jr., U.S., def. Feliciano Lopez (8), Spain, 4-6, 6-4, 7-6 (2).
Marin Cilic, Croatia, def. **Milos Raonic, Thornhill, Ont.**, 6-4, 6-4.
Second Round
David Ferrer (1), Spain, def. Vasek Pospisil, Vernon, B.C., 6-3, 6-3.
Gael Monfils (3), France, def. Pablo Andujar, Spain, 6-2, 7-6 (5).
Doubles — First Round
Bob and Mike Bryan (1), U.S., def. Lukas Dlouhy, Czech Republic, and Alexandr Dolgopolov, Ukraine, 6-3, 6-2.
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. Mariusz Fyrstenberg and Marcin Matkowski (2), Poland, 7-5, 6-4.
Frantisek Cermak, Czech Republic, and Filip Polasek, Slovakia, def. Oliver Marach, Austria, and David Marrero, Spain, 6-7 (5), 6-3, 10-5 (tiebreak).
Quarter-finals
Kevin Anderson, South Africa, and John Isner, U.S., def. Marcel Granollers and Marc Lopez, Spain, 5-7, 7-5, 10-6 (tiebreak).

ATP DAVIDOFF SWISS INDOORS

At Basel, Switzerland
Singles — First Round
Robin Haase, Netherlands, def. Andy Murray (2), Britain, 6-2, 7-6 (7).
Florian Mayer, Germany, def. Janko Tipsarevic (6), Serbia, 5-1 (retired).
Andy Roddick (7), U.S., def. Tommy Haas, Germany, 6-3, 6-4.
Lukasz Kubot, Poland, def. Tobias Kamke, Germany, 5-7, 7-5, 6-2.
Radek Stepanek, Czech Republic, def. Santiago Giraldo, Colombia, 6-1, 6-3.
Second Round
Roger Federer (3), Switzerland, def. Jarkko Nieminen, Finland, 6-1, 4-6, 6-3.
Marcos Baghdatis, Cyprus, def. Michael Lammer, Switzerland, 7-6 (2), 6-7 (2), 6-3.
Doubles — First Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, def. Andy and Jamie Murray, Britain (walkover).
Christopher Kas, Germany, and Alexander Peya (3), Austria, def. Santiago Gonzalez, Mexico, and Scott Lipsky, U.S., 7-6 (0), 6-2.
Xavier Malisse and Dick Norman, Belgium, def. Mahesh Bhupathi, India, and Michal Mertinak, Slovakia, 5-7, 6-3, 11-9 (tiebreak).

CIS TOP 10

FOOTBALL

1. (2) Laval (8-1), 278 points (21)
2. (1) Calgary (7-1), 242 (4)
3. (4) Western Ontario (7-1), 221 (4)
4. (3) McMaster (7-1), 190
5. (6) Sherbrooke (7-2), 187
6. (7) British Columbia (6-2), 149
7. (5) Montreal (6-3), 97
8. (8) Queen's (7-2), 96
9. (9) Acadia (7-1), 61
10. (10) Saskatchewan (5-3), 30

Others receiving votes: Windsor (18), Saint Mary's (4).

HOCKEY

MEN

1. (1) New Brunswick (6-0-0), 170 points (17)
2. (4) McGill (6-0-2), 137
3. (5) Saskatchewan (5-1-1), 114
4. (2) Manitoba (4-1-1), 105
5. (7) Western Ontario (5-0-1), 95
6. (NR) Moncton (5-1-0), 89
7. (10) Calgary (5-3-0), 63
8. (NR) Lakehead (6-2-0), 51
9. (3) Acadia (3-3-0), 35
10. (NR) Nipissing (6-1-2), 24

Others receiving votes: Trois-Rivieres (20), Alberta (13), P.E.I. (9), Queen's (5), Waterloo (2), Brock (1), Ryerson (1), St. Francis Xavier (1).

WOMEN

1. (2) St. Francis Xavier (4-0-0)
2. (1) McGill (4-1-0)
3. (3) Wilfrid Laurier (6-0-0)
4. (4) Calgary (3-1-0)
5. (5) Guelph (6-1-1)
6. (7) Queen's (5-2-0)
7. (6) Alberta (2-1-3)
8. (10) Saskatchewan (4-2-0)
9. (NR) Moncton (4-0-0)
10. (8) Manitoba (1-2-1)

Others receiving votes: Montreal, Brock.

SOCCER

WOMEN

1. (1) Montreal (12-0-2), 46 points
2. (2) Trinity Western (12-1-1), 46
3. (3) British Columbia (1-1-2), 39
4. (4) Queen's (13-1-2, 1-0), 38
5. (5) Wilfrid Laurier (12-2-0, 1-0), 31
6. (8) Ottawa (12-3-1, 1-0), 22
7. (6) P.E.I. (11-1-1), 20
8. (7) Sherbrooke (10-2-2), 14
9. (9) Alberta (9-4-1), 11

T10. (NR) McGill (8-3-3), 3
T10. (NR) McMaster (8-5-1, 1-0), 3

Note: Montreal edges Trinity Western for top sport due to a higher ranking last week.
Others receiving votes: Saint Mary's (2), Toronto (1), Victoria (1).

MEN

1. (1) York (12-1-3, 1-0), 59 points
2. (2) Cape Breton (10-1-2), 50
3. (5) Victoria (10-2-2), 49
4. (6) Carleton (11-3-0, 1-0), 39
5. (3) British Columbia (7-1-6), 33
6. (10) Montreal (8-1-3), 27
7. (7) McMaster (10-2-4, 1-0), 26
8. (8) Toronto (10-2-2, 1-0), 25
9. (9) St. Francis Xavier (7-3-3), 9
10. (NR) McGill (7-3-2), 8

CFL

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Winnipeg	17	10	7	0	408	402	20
x-Montreal	17	10	7	0	514	425	20
x-Hamilton	17	8	9	0	465	445	16
Toronto	17	5	12	0	364	482	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	17	10	7	0	468	384	20
x-Edmonton	17	10	7	0	404	381	20
x-Calgary	17	10	7	0	481	452	20
Saskatchewan	17	5	12	0	326	459	10

x — clinched playoff berth.
WEEK 19
Tonight's game
Hamilton at Toronto, 7:30 p.m.
Tomorrow's game
Saskatchewan at Edmonton, 9 p.m.
Saturday's games
Winnipeg at Calgary, 4 p.m.
Montreal at B.C., 10 p.m.
END OF REGULAR SEASON

NFL

WEEK NINE

Byes: Carolina, Detroit, Jacksonville, Minnesota
Sunday's games
All Times Eastern
Seattle at Dallas, 1 p.m.
Miami at Kansas City, 1 p.m.
Tampa Bay at New Orleans, 1 p.m.
Cleveland at Houston, 1 p.m.
San Francisco at Washington, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Atlanta at Indianapolis, 1 p.m.
Denver at Oakland, 4:05 p.m.
Cincinnati at Tennessee, 4:05 p.m.
Green Bay at San Diego, 4:15 p.m.
St. Louis at Arizona, 4:15 p.m.
N.Y. Giants at New England, 4:15 p.m.
Baltimore at Pittsburgh, 8:20 p.m.
Monday's game
Chicago at Philadelphia, 8:30 p.m.

FOOTBALL

NCAA TOP 25

UPCOMING SCHEDULE

All Times Eastern
Tomorrow's game
No. 21 Southern Cal at Colorado, 9 p.m.
Saturday's games
No. 1 LSU at **No. 2** Alabama, 8 p.m.
No. 3 Oklahoma St. vs. **No. 17** Kansas St., 8 p.m.
No. 4 Stanford at Oregon State, 3:30 p.m.
No. 5 Boise State at UNLV, 10:30 p.m.
No. 6 Oregon at Washington, 10:30 p.m.
No. 7 Oklahoma vs. Texas A&M, 3:30 p.m.
No. 8 Arkansas vs. **No. 12** S. Carolina, 7:15 p.m.
No. 9 Nebraska vs. Northwestern, 3:30 p.m.
No. 13 Michigan at Iowa, Noon
No. 14 Houston at UAB, 7 p.m.
No. 15 Michigan State vs. Minnesota, Noon
No. 18 Georgia vs. New Mexico State, 12:30 p.m.
No. 19 Wisconsin vs. Purdue, 3:30 p.m.
No. 20 Arizona State at UCLA, 7:30 p.m.
No. 23 Cincinnati at Pittsburgh, 7 p.m.
No. 24 West Virginia vs. Louisville, Noon

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Public Auctions

CHRISTMAS AUCTION SALE: Saturday, November 12, 2011 9:00 a.m.
Sale being held at: Rideau Auctions Inc.
Corner of County Road 31 & 43 - Winchester, ON

Electronics: Gigaset phone; HP Touch pad; Monsterbeats headphones; Nikon D5000 Camera; Nikon Coolpix S3000; Nikon Coolpix L120; Digital camera; Xbox games; PS2&PS3 games; music play accessory pack; WII slapshot stick; Hanna Montana speakers; printers; battery charger; HDTV cables; digital photo frames; speaker system for Ipod; **Housewares:** microwave; food saver; ice luges; dishes; gravy boats; glasses; mugs; beverage dispenser; 10 piece roaster; platters; salt & pepper shakers; paper towel holder; water bottles; sewing machine; humidifier; irons; picnic backpack; **Gift Shop Items:** collector plates; Cherished Teddies figurines; Precious Moments figurines; pictures; hockey figurines; candles; gift wrap; **Beauty Supplies:** baby wipes; shampoo; conditioner; baby wash; baby lotion; sport wipes; grooming systems **Linens:** sheet sets; blankets; tablecloths; placemats; curtains; crib sets; **Christmas Items:** Disney wrapping paper; musical santa; musical chime clock; trees; ornaments; bows; napkins; night lights; candle holders; throws; cards; garland; poinsettia; socks; **Furniture:** 7 pc dining room set; Frigidaire fridge; electronic fireplace; computer desk; ottoman; Academy desk; 5 pc dining room set; bar stools; accent chairs; deacon benches; 3 pc dining room set; lamps; decorative mirrors; head boards various sizes; mirrors; hutch; bistro set; round table & 4 chairs; accent chair; lounge chair pads; futon; fridge; New & used appliances - **Misc. Items:** Men's & ladies watches; Royal Doulton Figurine; shower enclosure; toilet; bathtub; vanity; Granite fusion sink; 7 pc patio set; laundry sink; elliptical trainer; decorative glass door lites; fountains; exercise bike; spa; slate stones; mattress; picture frames; wireless security system; dimmer switches; wreaths; lamps; wagon planter; deck tiles; sleeping bags; lawn chairs; open signs; marine safety kits; stadium seats; air conditioners; coolers; garbage can; soap dish; toothbrush holders; draft protectors; motorcycle covers; bike rack & trailer; anniversary clocks; jewelry boxes; jewelry; rugs; pool stuff; camping items; luggage; solar lights; snow brushes; roller blades; steering wheel covers; car wax; cd organizer; drill sets; seat covers; shop vac; fishing stuff; compressor; bikes
Large quantity of toys and games
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Content Sale

toilet not exactly as shown

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Child Care

Learn N' Play home daycare currently has **2 spots** opening Nov. 6th, 2011. Hours are 8am to 5pm 5 days a week. Located on Alta Vista Drive just a hop skip and a jump to Alta Vista Public Library To enroll your child or for further information please contact: Graciela at 613-299-1619.

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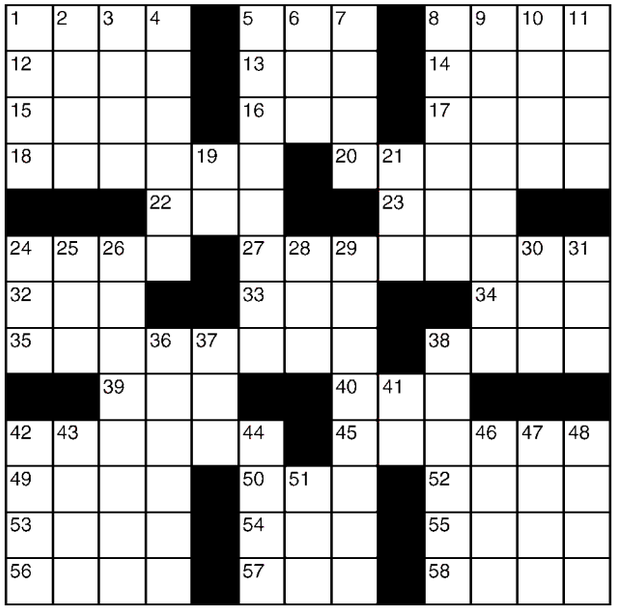
Crossword



Across

1 Spinning toys
5 — -relief
8 Help with a crime
12 Beehive State
13 Every last bit
14 Crooner Jerry
15 Use a teaspoon
16 Spy-novel org.
17 "... and to — good-night!"
18 Alaskan brown bear
20 "GWTW" hero
22 To the — degree
23 Trail behind
24 Spoof
27 Locales for snuffing
32 Commotion
33 Gun lobby grp.
34 Wrestling surface
35 Confined
38 Moist in the morn
39 A billion years
40 Prepare Easter eggs
42 Surprise attack
45 Chocolate-coated treat
49 "Buenos —"
50 Playwright Levin
52 Corn territory
53 Lobs' paths
54 Book spine abbr.
55 Blueprint additions
56 Create
57 Conger, e.g.
58 T, in Morse code

Down

1 Walrus feature
2 "Beetle Bailey" dog
3 Remunerated
4 Psychiatrist
5 Tennis stroke
6 "The Greatest"
7 Thick chunk
8 Computer user's icon
9 Situation
10 Model Macpherson
11 Rend
19 What @ means
21 Last (Abbr.)
24 Jongg preceder
25 Praise in verse
26 Retort
28 — Lanka
29 Court pastime
30 Deviate off course
31 Pigpen
36 Fluffy dessert
37 Type units
38 Just said no
41 Rocky's greeting
42 Leading man?
43 Actress Sorvino
44 Apiary home
46 Gaucho's weapon
47 Temple University team
48 Humorous poet Ogden
51 Fish eggs

▶ Yesterday's answer

A	R	T	S		B	I	O		E	D	G	E		
L	E	A	P		A	D	D		R	E	A	R		
B	A	L	L	Y	H	O	O		A	L	I	S		
A	L	L	I	E			R	E	S	A	L	E		
			C	A	S	K		M	E	W				
T	A	K	E		L	O	C	I		A	L	A		
S	K	I		K	A	R	A	T		R	E	S		
P	A	L		E	W	E	R		B	E	A	K		
		O	N	E		A	P	E	R					
R	O	W	E	N	A			T	O	R	S	O		
A	L	A	S		S	A	N	D	W	I	C	H		
M	I	T	T		P	R	Y		S	L	U	M		
P	O	T	S		S	E	C		E	L	M	S		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

4		5				9		3
	7		5		3		1	
6			4		8			7
		7	9		5	3		
		8	3		7	4		
2			7		6			8
	9		2		1		4	
7		1				6		2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	2	7	9	1	8	3	5
3	7	1	2	5	8	6	9	4
5	9	8	3	4	6	7	2	1
2	4	6	1	8	7	3	5	9
8	1	5	9	3	2	4	6	7
9	3	7	5	6	4	2	1	8
1	8	3	4	2	9	5	7	6
7	2	4	6	1	5	9	8	3
6	5	9	8	7	3	1	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Baby (RSC), ILU and i just wanted to let u know how much u mean to me (which is A LOT) :P and i hope u like this surprise (mwah) <3 **AROOSA ;)**

William, It's been a long time since we have seen each other. I am good. I am sorry for how I treated you, I was beyond horrible to you. Maybe one day you can find it in your heart to forgive me and maybe we can be friends again. I hope your doing good as well. **L**

Welsh Princess
You are the girl that I have always been searching for - I'll never stop loving you and making you laugh. The sun shines brighter and my thoughts are filled with the golden hues of a radiance in love that you have given me! We are one, we were and we will always be love incarnate!
THE ORIGINAL BLUE ROSE

Today 9°/-2° Showers 70%
Friday 6°/-2° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Today's horoscope

♈ Aries March 21-April 20 Your confidence may be sky high but don't fall into the trap of thinking that you cannot possibly fail.

♉ Taurus April 21-May 21 Anyone who tries to tell you that you owe them your time, or even your money, is not to be trusted.

♊ Gemini May 22-June 21 Don't jump on someone's back just because he or she refuses to see things your way. Let it be.

♋ Cancer June 22-July 22 The more people say you can trust them today, the more you should be on your guard.

♌ Leo July 23-Aug.23 If opportunity comes knocking today, you must grab it with both hands.

♍ Virgo Aug. 24- Sept. 22 You are long past the point where what you get out of a partnership makes up for what you put in.

♎ Libra Sept. 23-Oct. 23 Strive to stay serene no matter how difficult life gets. You may find that it's not so difficult after all.

♏ Scorpio Oct. 24-Nov. 22 Avoid the temptation to point out a colleague's mistakes today because he or she won't take kindly to you making him or her look bad.

♐ Sagittarius Nov. 23-Dec. 21 You will do OK if you have a specific aim in mind and a plan to get you there by the shortest route.

♑ Capricorn Dec. 22-Jan. 20 Sometimes, it is best to break bad news to someone quickly rather than letting it drag on.

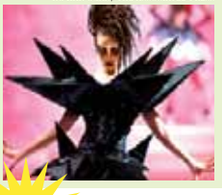
♒ Aquarius Jan. 21-Feb. 18 If you try too hard to make a good impression today, you may end up doing the opposite.

♓ Pisces Feb. 19-March 20. Uranus, planet of changes, warns you must not take chances with money. **SALLY BROMPTON**

Caption contest

MARKUS SCHREIBER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Originally from Ukraine, she's a dancer living in Los Angeles, where she studies economics at USC. She was photographed mid-pose at our downtown studio, stretching it out in our Opaque Pantyhose and Cotton Spandex Jersey Double U-Neck Long Sleeve Bodysuit.

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